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HALL'S JOURNAL OF HEALTH, FOR 1861.

HEALTH IS A DUTY.—ANON.

"MEN CONSUME TOO MUCH FOOD AND TOO LITTLE PURE AIR;
THEY TAKE TOO MUCH MEDICINE AND TOO LITTLE EXERCISE."—ED.

"I labor for the good time coming, when sickness and disease, except congenital, or from accident, will be regarded as the result of ignorance or animalism, and will degrade the individual, in the estimation of the good, as much as drunkenness now does.—IBID.

m. h. t. y.
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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

JANUARY, 1861.

[No. 1.

HEALTH AND DISEASE.

Two months ago, one of the very sweetest "teens" of the sunny South possessed herself of our book on *Health and Disease*, as she was about to return to her home of sunshine and of flowers, and writes of it to a New-York lady: "Dr. Hall's book was my constant companion on the steamer. I studied it all day, and slept with it under my pillow at night." A happy thing would it be for the daughters of our land, if such a book could replace the blood-and-murder newspaper, the trashy monthly, the infidel magazine, and the corrupting novel; a book which does not deal in symptoms, which never advises a dose of medicine, and rides no hobby, but which seeks to show how disease is engendered, and how health may be maintained, the happiness of being always well, and the calamity of being always sick. Instructions such as these are absolutely essential to the well-being of the young, many of whom spend a large portion of their time in fictitious reading, yet give not an hour in a day, a week, a month! to the study of the preservation of that health which is the foundation and conservator of personal beauty and social and domestic enjoyment. We earnestly invite every subscriber who has children, to present a copy of the book to each one of them, with the injunction to read it once a year carefully and deliberately, for many a household is made childless prematurely, in consequence of ignorance of two or three general principles laid down therein with the greatest clearness.

But how little did that sweet girl think while she was penning her letter, that a portion of it would appear in print, and before the close of the year, would be found in a bound vol-

ume, in the largest libraries, North and South, East and West, and that she was contributing her mite to the sum total of the enjoyment of many thousands of readers. Happy he who wins such a prize; but he will have to fight for it, as it seems there is a cordon of black hearts! around it, ready to resist the capture of "young missus," with all the desperation of a simple and pure affection; for read a little further: "We did not get any sleep on the steamer, and retired immediately on our arrival home, but could not possibly get any repose, for as soon as the negroes heard that we had retired, they must all come to see us, and if they found us asleep, they would give us such a shaking and hugging, (some body would have liked to have been a nigger just then, for a spell any how,) that I was glad enough to get up and keep my face out of their reach, and receive all their demonstrations on my neck and arms. They would hold us out at arms' length, and comment quite amusingly on our appearance. Cumseh and Corah were wild with delight—they did nothing but grin and run after us for two days." And then she goes on to distribute the presents among the little curly-heads. There is moral beauty in scenes like these; they remind us of the by-gones of our own sunnier childhood; and one other that we often think of in these frigid climes, and which might bear repetition in every Northern family where there are servants. But how many Northern families take that interest in the soul's welfare of their hired help? Does one family in ten do it? or in one thousand? We see grandmother now, with her jolly fat cheeks, united with puritanic determination, seated in a chair, the Shorter Catechism in one hand and Watts' divine and moral songs in the other; the little negroes standing around in a huge semicircle, all washed and clean, after breakfast; the arms and hands of each making a pyramid, the apex of which, formed by the two fore-fingers of each hand, touched the "septum," the partition of the nostril, for they were going to "say their prayers." How their little black eyes twinkled! A few were sedate; some assumed a mock solemnity; but the greater number gave too clear proof of *their* total depravity, in the sly twinkle, or "irrepressible conflict," not Gov. Seward's, but the vain battle between a solemn look and a titter. The solemn, however, almost always came out second best, and there was a general explosion and utter demoralization of

the ranks! and grandmother would let her hands fall down helplessly in her lap and sigh for their degeneracy. But like her grandson, she never gave up any thing, and would always "put 'em through" the curriculum. But she and many of them have long since passed away, and no doubt now occupy the same platform in heaven where the vain distinctions of time and human weakness are never known.

But where have we wandered? We must confess that we are powerless to "make the connection" between teaching little negroes to say their prayers and the legitimate objects of a Journal of Health, except it be in the direction that if every Christian family would strive to do its whole duty towards domestics, as did our grandmother, in taking a deep, sincere, and pious interest in their religious welfare, there would at once be swept from our households a very large share of the causes of disquietude, of fretfulness, and almost hourly irritation, found in unfaithful, incompetent and unprincipled servants, and which have so large a share, in the long run, in eating out that gladness of heart and joyousness of spirit, the absence of which is so fruitful of both bodily and mental maladies. But alackaday! we fear the times are so much out of joint now, that multitudes of intelligent households are all guiltless, not only of personal religious teaching of the servants, but of the children too, their time being taken up in reading "moral" magazines and books crammed full of "religious fictions," as a compromise on "Sunday reading" between the Bible and fashion-plate monthlies. Let each mother make a note of it, and put it down in parallel columns, how much time of each day for any week is expended in discussing and deciding the points as to the cost and style and tint of the various articles of dress, how much in "fixing" for "the party," for the dancing-school, the "receptions" and the "at-home" days, and then how much is devoted to loving teachings at the knee, about the vanities of time, the shortness of life, the certainty of death, and the means of preparation therefor. Then let another parallel column be made, let one state the sum total of efforts made to teach our children how to live for themselves, and in the other how to live for others. The benevolent live long, healthfully, happily, and in honor; the selfish, the wicked, shall not live out half their days.

The above was crowded out of the December number after it was already in type. That ignoble quality, worldly policy, would have given it, to the exclusion of any other article, as all subscriptions ended with that number, and nearly half our patrons live south of Mason and Dixon's line. It might have tempted some to renew, who, without it, would not. But we don't choose to live either by politics or policy ; both debase.

LEADEN WATER-PIPES.—It is a well-established fact that persons are constantly losing health and life by the poison introduced into their systems through the water brought to their dwellings by leaden pipes. The first and best precaution is to avoid using the first water drawn, either for drinking or cooking purposes. The longer the faucet has been unturned, the longer should the water be allowed to run to waste—say a minute after a night's disuse. It has recently been suggested by an influential daily paper, that to prevent a useless waste of water in New-York, water-meters should be attached to each building, as in the case of gas. This is a most mischievous suggestion, for then the desire to save expense would cause multitudes to run the risk of lead-poison. The supply of water should be as unrestricted as possible, especially in great cities and crowded dwellings.

To poison the water, the lead must be decomposed ; this is done by whatever detains the water in the pipe ; not that the water itself decomposes the lead, but wherever water is detained, there is a sediment, which sediment always contains decomposable particles, such as bits of leaves, wood, animal, or other organic matter ; even inorganic substances undergo chemical decomposition, and acting on the lead cause corrosion or oxygenation. There are three great efficient precautions which ought to be taken in the introduction of water into dwellings through leaden pipes. First, no particle of mortar or stone or other obstruction should be left in the pipe at the time of its being laid. Second, every possible care should be taken to avoid any indentation of the pipe, especially on its under portion. Third, never allow a short turn in the pipe, no approach to a right angle, but make a segment of as large a circle as possible. The nearer a straight line the better and safer by far. In fact a direct conduit is the only perfect safety, as long as lead is used.

IMPROVING THE JOURNAL.—If we had yielded to the thousand and one hints proffered “in fee,” for the improvement of our JOURNAL, it would probably have died of inanition years ago; but from the very first we have made it a point to take nobody’s advice, to make no attempt to please any one but our supreme self. But we do believe that we have the easiest-pleased set of subscribers in the world; if any thing exceeds it, it is the partiality of our exchanges, exhibited in the fact, that at various times, every single article in a whole number has been copied by some one of them. We do not believe that the same thing can be said of any other monthly publication in the civilized world, where the whole was written by the editor. Sometimes, however, a subscriber suggests to us, in the most chary manner possible, another class of subjects, or the omission of some as not being particularly pertinent to health. The greatest unanimity, however, is in the direction of an inquiry as to the connection between the subject treated and health. On the reverse of the sheet on which we are writing, (those reverse sides of notes, letters, etc., have constituted our entire supply of writing-paper for the JOURNAL since its commencement,) a venerated friend of three-score and ten remarks deprecatingly of our article on “Donation Parties:” “By the way, this subject, although treated by you in an interesting manner, does not fall within the scope of a Journal of Health.” We might have inquired, Yankeely, if there was no “connection” between feeding ministers on sham and unusable toys, and moonshine, and starvation! We once gave directions for “doing up” shirt-bosoms neatly. A doctor wanted to know the “connection.” We did not think it worth while to impart the desired information at the time. He has since then subsided into invisibility. But there is a very close connection between cleanliness of any portion of our apparel and health. We have often thought of the criticism since, and it has led us to inquire whether it is not every one’s duty to make an effort to appear as tidy as possible in the presence of others. The very contemplation of tidiness tends to produce an imitation of it, an ambition for at least an equal amount of it. Who shall not say that the sight of a very poor but tidy child, its clean and well-patched garments, does not on the instant send our thoughts to the home of its mother, with an irrepressible

feeling of respect and sympathy for her? We have many a time seen the gentleman, in the "foxy," well-brushed hat, and the thread-bare coat, or neatly darned pantaloons, worn through at the knee.

But our thoughts have gone further, and as this is a gossiping article, they may as well be recorded. Is it not better to hide our deformities on the street and in the drawing-rooms of our friends, and remove from our persons, or cover whatever there may be calculated to excite other than pleasurable feelings? Is it not better to wear a beautiful set of false teeth, such as Allen of Bond street makes, than to appear with unsightly snaggles or with toothless gums; with an artificial limb, than with none at all; with a handsome wig or comely cap, than a bald pate? We ourselves have an involuntary respect for any old man or woman who, through the infirmities of age and the sorrows of time, evidently labors for a tidy personal appearance. It costs them labor, but they prefer it to lazy slovenliness.

Once on a time, long, long ago, when we sometimes admitted articles not original, one of the Sparrowgrass Papers appeared in our pages. A much-respected and worthy lady friend wrote to know the "connection." We thought it was "imminent," direct, a perfect concatenation, for we knew of a case where it caused an unmentionable secession by reason of the vehement cachinnations caused thereby. So with pages 24 and 25.

So, let it suffice once for all to say, that we do not want to be always writing about sickness, disease, and death; about doses, and signs, and symptoms; for actually, the true mode of bringing on a hygienal millennium, for banishing disease from the world as far as may be, is to begin at a point far back, when as yet there is no disease, and do what may be done to inculcate whatever may foster and encourage purity of heart, integrity of character, industry, economy and temperance in practical life; and in every thing promoting cheerfulness, courage, hopefulness and a lofty ambition to excel in the occupation or sphere in which the reader may be placed. Hence the unwavering persistence we have shown in every number since the first, and in almost every page, on an average, in upholding the Sabbath-day, the Bible, our holy religion, its ministers and its friends; and the hour we cease to do the same, may this

hand write not another word forever; for in heaven all is purity and goodness, and in heaven alone is there no disease or suffering.

MAKING COAL-FIRES.—Good hard coal is in square lumps, and breaks with a smooth, shining fracture. Bad coal has flat pieces of a dull color, as thick as the palm of the hand, and of greater or less size, which when burnt remain hard, heavy, and become whitish—hence called “bone.” If a common scuttle-ful of coal, about twenty-five pounds, yields, after the cinders are washed next morning, half a pound of white pieces, it is not good coal.

The kindling-wood should not be over four inches long, and should not be spread out over the paper or the shavings which are to kindle it, but should be moderately compact, so as to concentrate the heat given out to as few pieces of coal as possible, which pieces should not be larger than a walnut, nor much smaller, because a piece of coal must be heated through and through before it “catches fire;” hence, if the piece is large, the amount of wood used may not contain enough caloric to properly heat the coal, and the fire will go out, to the great discouragement of the servant, and the unreasonable wrathfulness of the served, making perhaps a “bad beginning,” which is to cloud the whole day, impairing digestion, and exciting an ugly temper, the ungenial effects of which a whole family may be made to feel for the next twenty-four hours.

The wood may be covered, just out of sight, with walnut-sized pieces of coal, and when these have become red, cover them over with larger pieces, to be added to thereafter, as may be necessary.

If a coal-fire seems likely to go out, the most effectual way to complete the process is to riddle out the ashes, or to add more coal; for the ashes retain some heat to send up to small pieces; but if larger or too numerous, there is not enough caloric to heat them through and through, which must precede their enkindling. Sometimes a coal-fire, where the coal is fresh and is almost kindled, is thoroughly lighted up by introducing between or just under the pieces, a few splinters of lighted wood in such a manner as to disturb the coal as little as possible.

DEATH'S DOINGS IN ENGLAND.—Half of all who died in England and Wales during 1858, were under seventeen years of age. More than one hundred thousand died of disease of the lungs. Consumption killed twenty-five thousand, Pneumonia killed more than consumption, and Bronchitis killed more than Pneumonia. The common name of the last-mentioned is "Inflammation of the lungs," and is usually fatal in a few days. In cases of recovery, it is painfully slow, sometimes requiring weary years. It is always caused by the application of cold, and uniformly, in one of two ways, either by remaining in damp clothing, or in damp, cold rooms, until chilled through and through, or by standing or sitting still in the cold, after being a considerable time in a heated condition, whether from exercise or warm rooms. An attack of pneumonia always alarms the experienced physician. By knowing its causes, and wisely avoiding them, multitudes of valuable lives would be saved every year. Let every reader treasure these facts in his memory.

HOW LIFE IS LOST.—A man died the other day at the Bellevue Hospital, after being sick over two years. On opening the chest, there was scarcely a single inch of sound lungs on one side; the organ had broken down in one mass of corruption, and the yellow matter of consumption was dipped out with a skull, the most convenient cup at hand. He had been working in the garden one summer's day, and feeling a little tired at noon, went round to the shady side of the house and sat down to rest. A little wind was blowing, which was so very grateful to him that he indulged himself in it for some minutes, when he was taken with a chill, and never knew a well moment afterwards.

Only two days ago, one of the sweetest possible pair of black eyes came to inquire, with all the shrinking and diffidence inseparable from the occasion, what we thought of the case of a young gentleman who had applied for advice within the week, stating as a reason, that they were engaged to be married.

The young man in question had arisen one morning in early May, and dressed in very light clothing, but he was so much mistaken in the temperature of the weather, that he was soon chilled, without the means of changing his condition for some

time, that is, he felt chilly for several consecutive hours, and had been an invalid ever since. The disease had made such fearful progress, that two thirds of his lungs were useless to him ; and emaciation, night-sweats, harassing cough and swollen feet, made it useless to afford the encouragement of even prescribing for the case.

These two cases involve the same principle—getting chilled ; one after exercise, the other by remaining cold for hours. Surely it is not hard to remember the lesson. Let every parent impress it on the mind of each child on the instant, and it may prevent the great calamity of dying childless, than which there are not many harder for the heart to bear ; indeed it often fails to bear them, and breaks under the burden.

ODORIFEROUS FEET.—You can smell some people a mile off—be the same more or less. That an odor issues from every person peculiar to himself, is proven by the fact that the dog can find his master although out of sight ; but this emanation from the body is so ethereal generally, that the human sense of smell can not distinguish it. In very rare instances the calamity may be inherited, or may arise from a scrofulous constitution. At the same time it is true, that in almost every case, bad-smelling feet, or person, arises from old perspiration in a decaying condition. There is no special odor to the perspiration from the hands. It is because they are constantly exposed to the air and are frequently washed and ventilated ; and so with the face. It is from the feet always covered ; from the arm-pits seldom washed ; and from the groins always in a perspiring condition, that fetid odors come. The remedy then is the plentiful and frequent application of soap and hot water, twice a day, as long as needed. This may not avail sometimes ; especially with men, for many keep their boots on the whole day ; the perspiration of the feet condenses on them, decomposes, and the gas given out is absorbed by the leather, and remains permanently. In such cases not only is the strictest personal cleanliness necessary, the toes and nails being very particularly attended to, but shoes should be worn to allow of a more free escape of gases ; they should be changed every day ; and when not on the feet, should be exposed to the out-door air, so as to have a most thorough ventilation.

"Aqua Ammonia" (Hartshorn water) is used by some for the removal of unpleasant personal odors; but it has one of its own scarcely more agreeable, and perhaps it acts only by having a stronger smell. The most efficient plan is attention to the strictest cleanliness and the use of shoes, as above, and if, in addition, a high state of general health is maintained by temperance and exercise out of doors several hours daily, the most inveterate fetors will seldom fail of removal.

A QUEER SIGHT.—Not long ago a man came into the hospital as doleful a looking object as one need to look at. There was a combination of expression in his countenance which was perfectly ludicrous. He was evidently in great pain, but he looked most particularly solemn, for he could not imagine what was the matter with himself. His arms were extended at an angle of about forty-five degrees, and hanging helplessly downwards, as if there was something on his fingers which he was anxious to keep from his trowserloons. Both his arms were dislocated downwards at the shoulder, caused by his eating too much supper! Now the blessing of eating nothing at all later than a one o'clock dinner is a "double and thribble one," at least to sedentary and otherwise inactive persons—namely, a night of luscious sleep, a glorious appetite for breakfast, and a sunny temper all day, to say nothing of exemption from horrible dreams, walking out of third-story windows, and ghostly nightmares. The man had eaten a late dinner of bacon and cabbage, and being very tired, retired immediately to bed, but not to sound repose, for he dreamed that a whole regiment of hobgoblins was after him. He put forth almost superhuman efforts to escape, but at the very instant of their laying their claws on him, he made a tremendous leap upwards, with the result of the painful luxation just named. Those who eat heartily, late in the day, do not always escape so easily, for naturally turning on their backs, the weight of what they have eaten steadily presses on the great blood-vessels of the body near the backbone, arrests the flow of blood, dams it up in the brain until effusion takes place, that is, apoplexy, and is instant death. Such are the cases where persons are found dead in their beds in the morning, with the accompanying remark: "He seemed as well yesterday as he ever was in his life."

HEALTH TRACT, No. 33.

D Y S P E P S I A .

DYSPEPSIA is the inability of the stomach to prepare from the food eaten the nourishment requisite to sustain the body, and to supply it with pure blood, which, in its impure, unnatural condition, is sent to every fiber of the system; hence there is not a square inch of the body which is not liable to be affected with uneasiness or actual pain, and that portion will suffer most which has been previously weakened, or diseased, or injured in any way. Hence among a dozen dyspeptics, no two will have the same predominant symptoms, either in nature or locality; and as these persons differ further in age, sex, temperament, constitution, occupation, and habits of mind and body, it is the height of absurdity to treat any two dyspeptics precisely alike; hence the failure to cure in many curable cases.

Dyspeptics of high mental power and of a bilious temperament, are subject to sick-headache; those who are fat and phlegmatic, have constipation and cold feet; while the thin and nervous have horrible neuralgies, which make of life a continued martyrdom, or they are abandoned to forebodings so gloomy, and even fearful sometimes, as to eat out all the joy of life, and make death a longed-for event. Some dyspeptics are wonderfully forgetful; others have such an irritability of temper as to render companionship with them, even for a few hours, painful, while there is such a remarkable incapacity of mental concentration, of fixedness of purpose, that it is impossible to secure any connected effort for recovery.

There are some general principles of cure applicable to all, and which will seldom fail of high advantages.

1. The entire body should be washed once a week with soap, hot water, and a stiff brush.
2. Wear woolen next the skin the year round, during the daytime only.
3. By means of ripe fruits and berries, coarse bread, and other coarse food, keep the bowels acting freely once in every twenty-four hours.
4. Under all circumstances, keep the feet always clean, dry, and warm.
5. It is most indispensable to have the fullest plenty of sound, regular, connected, and refreshing sleep in a clean, light, well-aired chamber, with windows facing the sun.
6. Spend two or three hours of every forenoon, and one or two of every afternoon, rain or shine, in the open air, in some form of interesting, exhilarating, and unwearying exercise—walking, with a cheering and entertaining companion is the very best.
7. Eat at regular times, and always slowly.
8. That food is best for each which is most relished, and is followed by the least discomfort. What may have benefited or injured one, is no rule for another. This eighth item is of universal application.
9. Take but a teacupful of any kind of drink at one meal, and let that be hot.
10. Confine yourself to coarse bread of corn, rye, or wheat—to ripe, fresh, perfect fruits and berries, in their natural state—and to fresh lean meats, broiled or roasted, as meat is easier of digestion than vegetables. Milk, gravies, pastries, heavy hot bread, farinas, starches, and greasy food in general, aggravate dyspepsia by their constipating tendencies.
11. It is better to eat at regular times as often as hungry, but so little at once, as to occasion no discomfort whatever.
12. Constantly aim to divert the mind from the bodily condition, in pleasant ways; this is half the cure in many cases.

HEALTH TRACT, No. 34.

HOW TO EAT.

BEFORE a man becomes hungry, watchful nature has calculated, in her way, how much nutriment the body needs, and provides as much of a liquid substance as will be necessary to prepare from the food which may be eaten, that amount of sustenance which the system may require. When this is stored up, and all is ready, the sensation of hunger commences, and increases with the steadily increasing amount of the digesting material just referred to, and the very instant the first mouthful of food is swallowed, this "gastric juice" is poured out into the stomach through a thousand sluices; but no more has been prepared than was necessary, for Nature does nothing in vain; so that if a single mouthful more of food has been swallowed than the untempted or unstimulated appetite would have called for, there is no gastric juice for its solution, and it remains but to fret and worry and irritate for hours together. If the amount eaten is much in excess, the stomach, as if in utter discouragement at the magnitude of its task, ceases its attempts at digestion, and forthwith commences the process of ejecting the unnatural load by means of nausea and vomiting in some cases; in others, it remains for an hour or more like a weight, a hard round ball, or a lump of lead, an uneasy heaviness; then it begins to "sour," that is, to decompose, to rot, and the disgusting gas or liquid comes up into the throat, causing more or less of a scalding sensation from the pit of the stomach to the throat; this is called "heartburn." At length, the half-rotted mixture is forced out of the mouth by the outraged stomach with that horrible odor and taste with which every glutton is familiar. In some cases the stenchy mass is passed out of the stomach downwards, causing, in its progress, a gush of liquid from all parts of the intestinal canal, to wash it, with a flood, out of the system; this is the "Diarrhea" which surprises the gourmand at midnight or in the early morning hours, when a late or over-hearty meal has been eaten. When sufficient food has been taken for the amount of gastric juice supplied, hunger ceases, and every mouthful swallowed after that, no gastric juice having been prepared for its dissolution, remains without any healthful change, inflaming, and irritating, and exhausting the stomach by its efforts to get rid of it, and this is the first step towards forming "dyspepsia," which becomes more and more deeply fixed by every repeated outrage, until at length it remains a life-time worry to the mind, filling it with horrible imaginings, and a wearing wasting torture to the body, until it passes into the grave.

The moral of the article is, that the man who "forces" his food, he who eats without an inclination, and he who strives by tonics, or bitters, or wine, or other alcoholic liquors, to "get up" an appetite, is a sinner against body and soul—a virtual suicide!

DRINKING.

MAN is the only animal that drinks without being thirsty, swallowing whole quarts of water when Nature does not call for it, with the alleged view of "washing out" the system. When persons are thirsty, that thirst should be fully assuaged with moderately cool water, drank (in summer time or under great bodily heat or fatigue) very leisurely, but not within half an hour of eating a regular meal. Eminent physiologists agree that drinking at meals dilutes the gastric juice, diminishes its solvent power, and retards digestion, especially if what is drank is cold. Persons in vigorous health, and who work or exercise a great part of every day in the open air, may drink a glass of water, or a single cup of weak coffee or tea, at each meal, and live to a good old age. But it is very certain that sedentary persons and invalids can not go beyond that habitually, with impunity. The wisdom of such consists in drinking nothing at all at the regular meals beyond a swallow or two at a time of some hot drink of a mild and nutritious character. Feeble persons will be benefited by hot drinks, because they warm up the body, excite the circulation, and thus promote digestion, if taken while eating, and not exceeding a cupful.

Cold water ought never to be drank within half an hour of eating; for the colder it is, the more instantly does it arrest digestion, not only by diluting the gastric juice, but by reducing its temperature, which is near one hundred degrees. Ice-water is something over thirty-two degrees, and, when swallowed, mixes with the gastric juice, and lowers its temperature, not to be elevated until heat enough has been withdrawn from the general system; and that draft must be made until the hundred degrees of warmth are attained: but some persons have so little vitality, that the body exhausts itself in its instinctive efforts to help the stomach, from which its life and strength come; and the person rises from the table with a cold chill running down the back or over the whole body. Sometimes these drafts upon the body for warmth to the stomach are so sudden and great, that they can not be met, and instantaneous death is the result. Many a person has dropped dead at the pump or at the spring; such a result is more certain if, in addition to the person being very warm at the time of drinking, there is also great bodily fatigue. A French general recently fell dead from drinking cold water on reaching the top of a mountain over-heated and exhausted in the effort of bringing up his battalions with promptitude. Under all circumstances of heat or fatigue, the glass of water should be grasped in the hand, held half a minute, then, taking not over two swallows, rest a quarter of a minute; then two swallows more, and so on, until the thirst is *nearly* assuaged. It will seldom happen that a person is inclined to take over half a dozen swallows thus.

No case is remembered in the practice of a quarter of a century, where malt liquors, wines, brandies, or any alcoholic drinks whatever, have ever had a permanent good effect in improving the digestion. Apparent advantages sometimes result, but they are transient or deceptive. If there is no appetite, it is because Nature has provided no gastric juice; and that is the product of Nature, not of alcohol. If there is appetite but no digestive power, liquor no more supplies that power than would the lash give strength to an exhausted donkey. If torture does arouse the sinking beast, it is only that it shall fall a little later into a still greater exhaustion from which there is no recovery; so with the use of liquor and tobacco as whetters of the appetite, when at length the desire for the accustomed stimulus ceases, and the man "sickens;" there is no longer a relish for the dram and the chew, and life fades apace, either in a stupor from which there is no awaking, or by wasting and uncontrollable diarrhea.

NOTICE OF WEEKLY NEWSPAPERS.

THE following list includes some of the principal newspapers of more than mere local interest, which are regularly received as exchanges. The price and place of publication is of more importance and use to publishers and people than ever so good a "notice." The community forms its estimate of the value of a periodical more from the character of the pieces copied from it than from the commendations of the papers, which commendations are too frequently the result of partialities rather than of convictions, and the public have found this out. We frequently receive letters stating that the writers have for years been wanting to subscribe for "Hall's Journal of Health," but never could learn from their papers the price and place of publication. Hence, to do a real service to our brethren of the press, we make the following list, and will reproduce it from time to time. To our subscribers, one and all, we say, patronize your own local paper first; and if you can spare any more money, then go further from home. "Custom to whom custom is due" is a good general principle. Your local paper brings more or less business to your town or State, and it is your duty to make some return.

American Presbyterian, Philadelphia—\$2.
 American Railway Times, Boston—\$2.
 American Railway Review, New-York—\$2.
 Banner of the Cross, Philadelphia, Pa.—Episcopalian—\$2.
 Baptist, Mount Lebanon, La.—\$2.
 Banner of the Covenant, Philadelphia, Pa.—\$2—Religious.
 Commercial Advertiser, Honolulu, Sandwich Islands—\$2.
 Central Presbyterian, Richmond, Va.—\$2.
 Christian Intelligencer, New-York—Dutch Reformed—103 Fulton Street.
 Christian Inquirer, 111 Broadway, New-York—\$2—Unitarian.
 Courier and Inquirer, New-York—\$2—Secular—J. Watson Webb, Editor.
 Catholic Herald, Philadelphia—\$2.
 Congregationalist, Boston—\$2.
 Congregational Journal, Concord, N. H.—\$2.
 Christian Advocate, Baltimore—\$2—Methodist.
 Christian Intelligencer, Richmond, Va.—\$2.
 Christian Times, Chicago, Ill.—\$2—Baptist.
 Christian Observer, Philadelphia—\$2—Presbyterian.
 Eagle, Poughkeepsie, N. Y.—\$2.
 Evangelist, 5 Beekman Street, New-York—\$2—Presbyterian.
 Examiner, New-York—115 Nassau Street—\$2—Baptist.
 Evening Post, Weekly—\$2—New-York, corner of Nassau and Liberty Streets.
 Farmers' Advocate, Chicago, Ill.—\$1.50.
 Friend, Honolulu, Sandwich Islands—\$1.
 German Reformed Messenger, Chambersburgh, Pa.—2.
 Home Journal—107 Fulton Street, New-York—\$2—Morris & Willis, Editors.
 Household Journal, 20 N. William Street—\$1.50.
 Herald of Progress, 274 Canal Street, New-York, A. J. Davis, Editor—Spiritual.
 Independent, 5 Beekman Street, New-York—\$2—Congregational.
 Lutheran Standard, Columbus, O.—\$2.
 Lutheran, Philadelphia, Pa.—\$2.
 Lutheran Observer, Baltimore, Md.—\$2.
 Life Illustrated, 308 Broadway, New-York—\$2—Fowler & Wells.
 Michigan Farmer, Detroit—\$2.
 Methodist, 7 Beekman Street, New-York—\$2.
 Miners' Journal, Pottsville, Pa.—\$2.
 Missouri Baptist, St. Louis—\$2.
 New-York Chronicle, 41 Park Row, New-York—\$2—Baptist.
 North-Carolina Presbyterian, Fayetteville, N. C.—\$2.
 New-England Farmer, Boston, Mass.—\$2.
 Olive Branch, Boston, Mass.—\$2.
 Presbyter, Cincinnati, O.—\$2.
 Presbyterian, Philadelphia, Pa.—\$2.50.
 Presbyterian Expositor, Chicago, Ill.—\$2—N. L. Rice, D.D., Editor.
 Presbyterian Herald, Louisville, Ky.—\$2—W. W. Hill, D.D., Editor.
 Presbyterian Banner, Pittsburgh—\$2.
 Pacific, San Francisco, California—\$5—Presbyterian.
 Presbyterian of our Union, St. Louis, Mo.—\$2.
 Religious Telescope, Dayton, O.—\$2.
 Religious Herald, Richmond, Va.—\$2—Baptist.
 Recorder, Boston, Mass.—\$2—Congregational.

HEALTH OF CITIES.—Estimating New-York to contain a million of people, and London two millions and a half, five hundred and fifty dying every week on an average in New-York and twelve hundred and twenty-five in London, the mortality of the two great commercial centers of the Old and the New World is just the same. But there is no city in the civilized world so admirably adapted for health as New-York, bounded as it is on two of its three sides by large rivers, while its topical formation is such that it has an almost perfect drain from its longitudinal center to the rivers. A proper attention to two things would make it exceed any great city in healthfulness. First, a more perfect system of street-cleaning. Second, a better class of dwellings for the poor, combining perfect ventilation and cleanliness.

BEAUTIFUL HAIR.—Finds worshipers the world over. When it is abundant and tastefully adjusted, it “sets off” the face of beauty, and may be made to soften even a deformity. Its arrangement exhibits the taste of the wearer, and it may be made more ornamental than the richest jewel ever dug from Golconda’s mines. But it is a jewel not found in the casket of one woman in a thousand. The hair should be cultivated from infancy, by keeping the head clean and cool night and day; it should be worn as short as a boy’s until the thirteenth year is completed; a comb, or a pin, or a tie should not be allowed for an hour, nor a “parting” nor a braid; nothing should ever touch it but a tortoise or fine rubber-comb and pure soft water; it should never be allowed to bear more than its own weight, nor detained from its natural direction; if any thing, it should be supported unstrained. Ventilation and cleanliness, from infancy to budding womanhood, are essential to having hair that is thick, long, luxuriant, permanent, and glistening with life. Fashion, all blind and remorseless as she is but too often, is for once philosophical and wise in introducing nets to hold the hair of girls at the neck behind.

The pernicious metallic hair-pins have “killed” the hair of our wives and daughters, whose entire stock in trade, that is their own, scarcely equals in size a common hickory-nut. It has been cut by the harsh hair-pin, pulled from its roots by braiding and tying, and actually rotted at its origin by an imbedded mass

of grease, dust, and dandruff, stopping up every pore, preventing exhalation, confining the heat, and setting up a permanent and destructive inflammation about every bulb. A clean scalp and pure soft water are the best pomatums in the world for man or woman, boy or girl, young or old.

COLD FEET.—It is impossible to have vigorous health if the feet are habitually cold; no amount of external covering can keep them warm. Wearing pepper and other irritants in the stockings, is generally inefficient, is always hurtful in its tendencies, and never accomplishes a permanent radical good. One of the most uniformly efficient means of keeping the feet warm is to wash them in water at least as cold as the atmosphere of the room, night and morning; let it be done within a minute in very cold weather, then wipe and rub them rapidly and thoroughly with a very coarse towel, dress, and when practicable, take a walk, or dry them by the fire, rubbing them well with the hands.

In addition, let half an inch of curled hair be basted to a piece of cloth and slipped in the stocking, the hair touching the soles of the feet to titillate the skin, and thus aid in drawing the blood thither to warm them. The hair conducts the moisture from the feet to the woolen cloth, and thus keeps them dry. These hair-soles should be placed before the fire at night, so as to be thoroughly dried by the morning. Cork-soles absorb moisture from the shoe and the feet also, and require several days to be thoroughly dried. India-rubbers confine the dampness about the feet, hence they should be promptly removed as soon as the wearer ceases walking, nor should they be used except in muddy, slushy weather.

CRYING BABIES.—A "Crying-Baby" can be bought any day on Broadway for a "quarter;" many a poor, tired fellow would "clear out" his stock in that line at a much "lower figure," if you could come across him about daylight any morning. With a view to abate this crying nuisance, which exists in so many households, a portion of our book on "SLEEP" is devoted to a detail of a plan by which, in every case, if there is no actual disease, children, even infants, without an atom of physis, can be made to sleep all night habitually, without a single

squeak; and how, also, to avoid the "colic," which makes the little responsibilities squirm around and squall away, as if a young boa-constrictor were experimenting on every bone in the body, sending all sleep to the antipodes, and "raising a muss" generally.

GAS-Y.—That fine lecturer, the missionary Fletcher, states that monkeys exhibited for a few days or nights in rooms lighted by gas, or warmed by coal-fires, will inevitably die in a very short time. This fact has been observed in Philadelphia and at the Jardin des Plantes at Paris. Dr. Arnott reported of the Zoölogical Collection in London, a loss of fifty monkeys in about a month, from a like exposure, and an imperfect ventilation.

The ceilings of our dwellings are darkened, not so much by coal-fires or furnace-heat, as by the gas-lights; not necessarily, but from ignorance or inattention. Many persons, especially servants, in lighting a gas-burner, first turn the faucet or screw its full distance, and then apply the flame. Between the two acts, a considerable amount of unburnt gas escapes; and being light, it reaches the ceiling instantly in its carbonic or coaly state, and makes its dingy impress. Again, it is generally supposed that the more completely the gas is turned on, the more light will be given out. This is not so, except towards daylight, when the pressure on the gas-reservoirs is very much reduced. In the early part of the evening, the pressure is so great, that the gas escapes faster than it is burned, known by the rushing noise it makes. If the key is turned square, even if an indistinct singing is heard by putting the ear near the burner, it is gas escaping unburned. Such is the case, too, when the flame is spire-like, or jagged in sharp points. The more even the line of light is, the more perfectly is the gas consumed. Many persons who are too stupid to be reached by an appeal to the health, will jump with the utmost alacrity at the jingle of a dollar. Such are informed, then, that unburned gas not only kills men as well as monkeys, but it will inevitably darken and dingy their costly frescoes; and they had better turn the attention of their families and servants to the philosophical management of their gas-lights.

We heartily commend to every family, *Lewis' New Gymnastics*, published monthly, in Boston, 20 Essex street, at \$1.

CLERICAL READING.—To have a full appreciation of the statement about to be made, it is necessary to premise that we attend public worship where there has been no regular minister for twenty months, having different speakers, averaging almost one a week. We sit in a pew immediately in front of the pulpit, and are, perhaps, more regularly present than any other male attendant. Our custom is to read the chapter with the officiator. The locality is on Fifth Avenue, New-York. The congregation is perhaps inferior to none in our country in size, culture, liberality, and wealth, representing a capital last year of about fifty millions of dollars. For these reasons it may be inferred that a more educated class of men have been invited to officiate from time to time, and that we are a competent observer. It is perhaps safe to say, that in these twenty weeks, about fifty different men have preached for us. Out of these fifty, only two have succeeded in reading a chapter in the Bible with accuracy. All but the two have made from two to ten mistakes in reading a single chapter, mainly in omissions and interpolations; next, transpositions; third, in the indiscriminate use of the singular and plural numbers, and the addition of words of from one to three syllables. This statement is made to draw attention to the physiology of reading. To read correctly, and with the greatest ease to himself and edification of others, a man should be in good health, should have a clear brain, so as to understand thoroughly what he is reading, and the mind should be absorbed in the subject. If the stomach has been overloaded, if a hearty meal has just been eaten, or if there is any mental perturbation, any anxiety, any affectation, any straining for effect, there will be failures more or less frequent. Let our clerical readers, then, do all that is possible to enable them to go into the sacred desk, to perform the high and most responsible duties connected with their office, with presence of mind, with a due sense of their accountability, and with a most perfect abnegation of self. Let the whole soul be absorbed in the subject of the occasion, and let the service be preceded by a very moderate meal of plain food, drinking absolutely nothing but half a glass of cold water, even if that, at the said meal; for if much of any liquid is taken, it produces an uncomfortable distension of the stomach, causing a feeling of fullness and oppression, compelling the mind away from the subject and the occasion to such ignoble things as acidities,

belchings, and—gas! It is most respectfully suggested that our Lenoxes, Stuarts, and McCormicks, out of their princely liberalities, found a “Reading Professorship” in some of our more prominent theological seminaries. Only think of it! it takes twenty-five educated clergymen to read a chapter in the Bible *verbatim et literatim*!

THERMOMETERS.—Most persons know that sudden changes of weather endanger the health, and not unfrequently occasion the loss of valuable lives. These sudden and great changes often take place during the night. But it requires a day or two for the cold to get into the house, with the result that a person gets up, dresses, and gets into the street, before he discovers that it is fifteen, twenty, or thirty degrees (or even more) colder than it was the day previous; but before he has arrived at the knowledge of this fact, he has been chilled, or has started on a journey, or has got so far from home that a change of clothing is very inconvenient, if not almost impracticable. Franklin, Abbott Lawrence, Rachel the tragedienne, and other eminent personages, lost their lives by dressing for a temperature, or exposing themselves to a degree of coldness in the atmosphere, of which they were not conscious.

It is said of the Duke of Wellington, that he had every variety of garment; that his servant dare not bring any one of them to him, until he had gone himself to the window, hoisted it, and by the protrusion of his immense long nose out into the atmosphere, had calculated with this new feeler, the state of the weather, and the coat adapted to it. That he had such a nose we can testify, having seen it *on the outside of Windsor Castle*! on the occasion of Louis Philippe’s visit there to her present Majesty. As to the variety of clothing, we speak from hearing. At all events, the Duke lived a long time, and the habit referred to was a wise one, by whomsoever practiced. The lesson is this: Judicious attention to the state of the thermometer, at least every morning, would answer a wise purpose, by acquainting us with the state of the weather out of doors, thus enabling us to dress in reference to it. Every family who can possibly afford it, should have a thermometer, of easy access in the lower hall, in each sitting-room, and a large one, with a red column, at the most northern exposure practicable, outside, in a situation easily accessible to every member of the family, without raising the window or opening the door. This would enable the ser-

vants to know of a morning how much of a fire to build. Fowler & Wells keep a good supply of these articles at 308 Broadway, New-York, at all prices, from half a dollar upwards, and will forward them safely to any address if the money accompanies the order. Those to be placed out of doors should be wholly of metal and glass. The round ones, dial-plate, with pointers, having a Fahrenheit and Reaumur's scale, are preferable on some accounts. Patented by V. Beaumont, 175 Center street, New-York. This notice is volunteered wholly for the convenience of our subscribers, good fellowship towards the parties named being thrown in ; for we must sometimes help one another without fee or reward. He who can't do that is a perfect nobody. A million such would not make the ninth part of a tailor, and, "they say," it takes nine of them to make a man.

RETROSPECTIVE.—It is not our purpose to dye ourselves or our readers with indigo this opening month of another year. Blue reminiscences are, for the most part, unremunerative. A hearty, whole-souled, wide-mouthed laugh is incomparably more healthful ; it enlivens the circulation, mollifies the heart, and wakes us up to newness of life. The retrospect we have in view is the turning back to the days when our JOURNAL was young, and glancing at some of its performances. Among other things, it introduced to its patrons, then a little band, the most wonderful medicines—"Patent" of course—and described "to our hand" by some abler pen. Wonder if it now "lies silent in the grave?" If so, here's a thought to thy memory, genial heart, with a hope that a purer and heavenlier gladness plays upon your face "on the other side."

THE GREAT "SALVE" CERTIFICATE.—

DEAR DOCTOR: I will be one hundred and seventy-five years old next October. For ninety-four years I have been an invalid, unable to move except when stirred with a lever. But a year ago last Thursday, I heard of the Granicular Syrup. I bought a bottle, smelt of the cork, and found myself a new man. I can now run twelve and a half miles an hour, and throw nineteen double somersets without stopping.

P. S.—A little of your Alicumstoutum Salve applied to a wooden leg, reduced a compound fracture in nineteen minutes, and is now covering the limb with a fresh cuticle of white gum pine bark.

SAWNY GREEN'UN.

THE INEFFABLE PILLS.—I, John Lubberlee, was supposed to be in the last stage of consumption in the year eighteen hundred and forty-eight, suffering at the same time under a severe attack of rheumatism, liver complaint, plumbago, gravel, dropsy and cholera-morbus. Simultaneously, also, I took the yellow-fever and small pox. The latter assuming the chronic form of scrofula, completely destroyed my lungs, liver, spinal marrow, nervous system, and the entire contents of my cranium. I got so low, that I did not know my brother-in-law when he came to borrow some money. For three months I swallowed nothing but twenty boxes of the "Ineffable Pills," which effected an immediate cure in two weeks. Sworn and subscribed to, etc.

P. S. N. B.—My late Uncle Bacchus Pottinger, was afflicted so long with the gout, contracted by living too much on bears' meat and alligators' eggs, that life became a burden to him. He took only four boxes of the "Ineffables," and life was a burden to him no longer. GULLIVER SANCHO PANZA.

But not to deal too much in pills we will make an extract from the Brief-Book of a Lawyer about

A DOUBTFUL WITNESS.—Professional engagements required the writer's presence in a circuit court which was then in session in one of the villages of a midland county of the "Empire State;" and during the term an incident occurred, which may be interesting, if not useful to those legal gentlemen who are partial to the study of the "laws of evidence." The case tried was one in which a question arose as to personal property, claimed to have been sold some time previously under an execution, and the plaintiff in the case called a witness to establish the fact of the sale. The following "evidence" was elicited on the cross-examination of the witness:

Question by Counsel. "Sir, you say you attended the sale on the execution spoken of. Did you keep the minutes of that sale?"

Witness. "Don't know, sir, but I did; don't recollect whether I kept the minutes, or the sheriff, or nobody; I think it was one of us."

Counsel. "Well, sir, will you tell me what articles were sold at the execution?"

[Here the witness hesitated, not willing to commit himself by going into particulars, until the patience of the counsel became exhausted, and he pressed a special interrogatory.]

Counsel. "Did you on that occasion sell a threshing-machine?"

Witness. "Yes, I think we did."

Counsel. "I wish you to be positive. Are you *sure* of it?"

Witness. "Can't say I am sure of it; and when I come to think of it, I don't know as we did; think we didn't."

Counsel. "Will you swear, then, that you did not sell one?"

Witness. "No, sir; don't think I would; for I can't say whether we did or didn't."

Counsel. "Did you sell a horse-power?"

Witness. "Horse-power?"

Counsel. "Yes, horse-power?"

Witness. "Horse-power! Well, it seems to me we did. And it seems to me we didn't. I don't know as I can recollect whether I remember there was any horse-power there; and if there wasn't any there, I can't say whether we sold it or not, but I don't *think* we did; though it may be, perhaps, that we *did* after all. It's some time ago, and I don't like to say certainly."

Counsel. "Well, perhaps you can tell me this: did you sell a fanning-mill?"

Witness. "Yes, sir, we sold a fanning-mill. I guess I am sure of that."

Counsel. "Well, you swear to that, do you? that one thing, though I don't see it on the list."

Witness. "Why, I may be mistaken about it; perhaps I am. It may be it was some body else's fanning-mill at some other time; not sure."

Counsel, (to the Court.) "I should like to know, may it please the Court, what this witness does know, and what he is sure of."

Witness, (to Counsel.) "Well, sir, I know one thing that I'm sure of; and that is, that on that sale we sold either a *threshing-machine*, or a *horse-power*, or a *fanning-mill*, or one, or all, or neither of them, but don't know which."

If the reader wants more of the same sort let him search and see in the past volumes. Buy a set, sir?

THINGS WORTH SEEING IN NEW-YORK.

ASTOR LIBRARY, free to all from 9 A.M. until sunset. Attendants will hand any book called for, to be used in the room. Lafayette Place, near Eighth Street, one block east of Broadway. 110,000 volumes.

BARNUM'S MUSEUM, 222 Broadway, near Astor House. Twenty-five cents admission. Open from 8 A.M. until 10 P.M.

BIBLE HOUSE, on Fourth Avenue, one block east of Broadway, through Eighth Street, seven stories, occupying one whole block of ground, having cost \$310,000. It employs three hundred persons, pays out four hundred and fifty thousand dollars a year, and in a year issued eight hundred and fifteen thousand Bibles and Testaments, in every variety of style and binding, from thirty cents for a complete Bible, up to twenty dollars each. The paper is received on the pavement, and is delivered in the seventh story a complete Bible.

BOOK-MAKING.—The most extensive printing-establishment in America is that of JOHN A. GRAY, Esq., on Frankfort Street, three blocks east of the City Hall, six stories, running twenty-six printing-presses, employing between two and three hundred men, women, boys and girls, within the building, and turning out every day an incredible amount of work, from a common pasteboard card up to bills, pamphlets, newspapers, magazines, and books in every style; and every thing well done, under the direction of one man, through that ceaseless vigilance, energy, firmness, and equanimity essential to all important positions; the pledge for even a temporary employment in the mammoth establishment being an engagement to be punctual, industrious, careful, quiet, clean, obedient, just and gentle in speech—qualities fit to be enumerated daily at the breakfast-table of every family in the land. Let them be “learned by heart” by every child that lives.

CENTRAL PARK, reached by city cars, from Astor House, for five cents, by Third, Sixth, and Eighth Avenue lines; 844 acres; cost, to January 1, 1860, \$7,900,000; appropriation for 1860, \$2,500,000; total cost of purchase and improvements, up to January 1, 1861, \$10,400,000. It is five miles from the Battery, is two and a half miles long, and half a mile broad; laid out by Frederick Law Olmstead, born in New-York, Lieutenant E. L. Viele, Engineer-in-Chief.

COOPER INSTITUTE, junction of Third and Fourth Avenues, built at an expense, including the ground, of over \$630,000, by Peter Cooper, born in New-York City, Feb. 12, 1791. When completed, the noble man gave it to the city, to be devoted to the elevation of the working-classes of his birthplace, by instruction, without charge, in ordinary daily occupations, in sanitary, social, agricultural, and political science, and teaching addressed to the eye, the ear, and the imagination. The rents of the ground-floor are intended to pay all the expenses of keeping the building in perfect order. He was born poor, worked hard in a hatter's shop until he was seventeen, then learned coach-making. He built, at Baltimore, after his own design, the first locomotive engine ever used on this continent. Peter Cooper still lives. His name will be held in affectionate and respectful remembrance by millions yet unborn. Library and reading-room free to males and females.

GREENWOOD CEMETERY is visited by great numbers. Most of the omnibuses convey you to South Ferry for six cents; ferriage, two cents; by Hamilton Avenue boats, from which horse-cars take you to the cemetery, five miles, for six cents. Carriages can be had at the gates, for one dollar an hour, for one or four persons. Intelligent drivers will point out the most striking monuments, with items of their history. Opened September 5, 1840, and up to Sept. 5, 1860, had received 77,000 of the dead.

PAINTINGS, by the great masters, ancient and modern, from the twelfth century to the present time, at THE INSTITUTE OF FINE ARTS, 625 Broadway. It includes the celebrated Dusseldorf Gallery, and the Jarves Collection, and is the largest and most *recherché* collection of paintings on this continent. Valuable additions are being constantly made. Admission, twenty-five cents.

PHOTOGRAPHIC GALLERIES are free to all, and will afford visitors the means of passing an hour with the highest satisfaction. The most prominent, in alphabetical order, are, Anson, Brady, Frederick, Gurney, Johnson, and Mead, all on Broadway.

PRINTING.—One of the greatest wonders of the city, and of the world, is the printing-press at *The World's* office, 37 Park Row, nearly opposite the Astor House. It can turn off twenty-five thousand impressions in an hour. It is made up of fourteen thousand seven hundred and thirty distinct pieces, weighs fifty thousand pounds, is fifteen feet broad, sixteen feet high, forty feet long, and cost thirty thousand dollars. Fifty years ago, it required two men nearly one hour to print a hundred newspapers. Any gentleman or lady, on application at the office, will have its working shown them.

NOTICE OF MONTHLIES.

American Monthly, \$1.25—New-York, 5 Beekman Street. Rev. S. H. Platt, editor.
 American Medical Gazette, \$2—New-York. Prof. D. Meredith Reese, M.D., LL.D., editor.
 American Druggists' Circular, \$1—New-York—a most useful publication.
 American Phrenological Journal, \$1—Fowler & Wells, New-York, 308 Broadway.
 American Farmer, \$2—Baltimore, Md.
 American Agriculturist, \$1—In English and German—New-York, Orange Judd, A.M.
 Boston Medical and Surgical Journal, \$3—Boston, Mass., in 53d vol.
 Blackwood's Magazine, \$3—Leonard Scott & Co., 79 Fulton Street, New-York.
 Center College Magazine, \$2—Danville, Kentucky.
 College Journal, Medical, \$2—Cincinnati, O.
 Dental Register, \$3—Cincinnati, O. Edited by J. Taft and Geo. Watts.
 Evangelical Repository, \$1—Philadelphia.
 Eclectic Medical Journal, \$2—Philadelphia, Wm. Paine, M.D., editor.
 Farmers' Monthly, \$1—Detroit, Michigan.
 Fireside Monthly, \$1.50—Excludes fiction—Family reading—New-York, 42 Irving Place.
 Godey's Lady's Book, \$3—Philadelphia—Queen of all Pictorials.
 Hesperian, \$3—San Francisco—Edited by Mrs. F. H. Day.
 Home Monthly, \$2—Boston, Wm. M. Thayer, Editor—for the Family.
 Hall's Journal of Health, \$1—Never advises a dose of Medicine—New-York.
 Ladies' Home Magazine, \$2—Philadelphia. Editors, T. S. Arthur and V. F. Townsend.
 Mothers' Journal, \$1—Edited by Mrs. C. E. Hiscox. New-York, 115 Nassau Street.
 Merry's Museum, \$1—116 Nassau Street, New-York—for Youth. Pictorial.
 Massachusetts Teacher, \$1—Boston, Charles Ansoge, editor.
 Maine Teacher, \$1—Portland, Maine. By Edward P. Weston.
 Millennial Harbinger, \$1—Bethany, A. Campbell, Sr. editor.
 Medical and Surgical Journal, \$3—Atlanta, Ga. Dr. J. G. Westmoreland, editor.
 New-York Teacher, \$1—Albany, N. Y.
 Presbyterian Reporter, \$1—Chicago, Ill. Edited by Parks & Norton.
 Pacific Expositor, \$3—San Francisco. Rev. W. A. Scott, D.D., editor.
 Southern Medical Reformer and Review, \$1—Macon, Ga. By Prof. M. S. Thomson.
 Students' Monthly, \$1—Oberlin, O. Collegiate.
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QUARTERLIES, SEMI-ANNUAL, AND ANNUAL.

Christian Examiner, \$4—In 69th vol. Boston, Mass., and London, G. E. T. Whitfield.
 Christian Review, \$3—E. G. Robinson, editor. 115 Nassau Street, New-York. Baptist.
 Edinburgh Review, \$3—"Whig." Republished by Leonard Scott & Co., 79 Fulton St., New-York.
 London Quarterly, \$3—"Conservative." " " " "
 North British Review, \$3—"Free Church." " " " "
 Westminster Review, \$3—"Liberal." " " " "

These four quarterlies, with Blackwood's Magazine, are furnished for ten dollars a year, by Leonard Scott & Co., 79 Fulton Street, New-York, and are delivered in cities and large towns, free of postage; elsewhere, Blackwood is 24 cts. a year, and each Review 14 cts. These six publications are written for by the best scholars and most cultivated minds in Great Britain. They are models of classical English composition, and no professional man, no general scholar, no statesman, nor indeed any man who desires to keep himself posted as to the current state of the world in politics, theology, finance, literature and general history, ought to be without these, if he can afford to pay for them, giving as they do the cheapest substantial reading in any language.

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Any of the above publications may be ordered by simply addressing a letter post-paid to the name of said publication and the place of issue, without writing the name of the editor or publisher, as these are changing. In all cases, inclose the money; seal the letter; put it in the office yourself, having addressed it plainly. If you hand your subscription to a bookseller or postmaster, or other publisher, they generally retain 33 1/3 per cent. for their trouble, which is a clear loss to the publication you patronize; besides, passing through various hands, it is very liable to be lost to all parties.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

FEBRUARY, 1861.

[No. 2.

LONGEVITY ATTAINABLE.

MAN is like a well-adjusted and well-made machine, which, if worked steadily, will last a long time, but if moved by fits and starts, and badly cared for, will soon be jolted to pieces. Thus it is that equanimity of mind and steady bodily habits are each promotive of long life; and, when combined, will not only enable the possessor to live within sight of his century, but do it in enjoyable health of body, and a pleasurable and hilarious mental activity. Surely such an old age is worth laboring for; and that it is attained by whole classes of persons who make moderation their life-long habit, is susceptible of undeniable proof.

During the year eighteen hundred and sixty, twenty-four British peers died at an average age of three-score years and ten. During the same time, the ages of twenty-four members of the Society of Friends, whose deaths were recorded in the *Friend*, published in Philadelphia, averaged eighty-eight and a half years. Fifty lives in the same year averaged eighty-five years. The last census shows that five times as many negro slaves, in the South, reach a hundred years, as do whites. Now, through Quaker, and peer, and slave, one trait of mind is overshadowing—it is complete deliverance from the fear of physical want. The peer knows that he is provided for. It is a part of the slave's nature, from life-long habit, to lean on the master for support; hence, wearing anxiety for to-morrow's bread for himself and his children, is the very least of all his troubles. While the Friend, by a habitual reliance on Providence, and his own consistent efforts for support, grows into the faith firm as the rock

of ages: "The Lord is my Shepherd, I shall not want." Beautiful truth, priceless beyond the diadems and crowns of kings!

The peer drinks wine, dines heartily and late, retiring not until the small hours of the morning come; he leaves his chamber at ten or noon. But whatever of ill is found in habits like these is more than counteracted by the abiding and calming conviction that he is amply provided for to the end of his days. He is not dunned to death for money; he is not irritated by the cheateries of men, and their equivocations and procrastinations of payment of rents; nor, indeed, is his heart saddened by the knowledge of the grinding economies and painful strainings, which even worthy tenants have but too often to encounter, to make up their quarterly payments; his agents shoulder all these disagreeables. In addition, he will not allow himself to be driven to exposures to rain and storm, or snow, or melting sun. He allows no emergency to make him almost work his life out of him, to gain a certain end half an hour sooner, as we impulsive and impatient Americans do. In fact, an English peer considers hurry a disgrace, as altogether unbecoming his station; he prides himself on his equanimity.

The slave's highest ambition is to have a plenty to eat, and a warm place to sleep in; and knowing that it is his master's business to provide these things, he has no consuming cares, and he, too, can boast of an equanimity to which his master is an absolute and a life-long stranger. The slave's equanimity is passive, arising from the want of ambition; the peer's from pride; the Quaker's from a holy, calming, and abiding trust in God, and a spotless integrity. All three—peer, Quaker, slave—have exemption from worldly care—from eating, wearing harassments. Not that Friends have nothing to annoy, but that they have a principle within which subdues annoyances, or a faith that molds them into valuable lessons. An English peer has a dignity which keeps him in the higher regions where storms do not come. The slave, like the child, lives in a happy unconsciousness of anxieties, and, like the child also, has such a buoyancy of nature, that a tear has hardly time to clear itself before the smile comes to chase it away. A child will play; a slave will sing. Equanimity of mind, then, is the great catholicon of humanity. Let all who would have length of days, whatever may be their station in life, strive for an equable frame

of mind, for an implicit reliance that temperance, integrity, industry, resignation, and godliness, not only "have the promise of the life that now is, but of that which is to come."

SLEEPING POSITION.—The food passes from the stomach at the right side, hence its passage is facilitated by going to sleep on the right side. Water and other fluids flow equably on a level, and it requires less power to propel them on a level, than upwards. The heart propels the blood to every part of the body at each successive beat, and it is easy to see that if the body is in a horizontal position the blood will be sent to the various parts of the system with greater ease, with less expenditure of power, and more perfectly than could possibly be done if one portion of the body were elevated above a horizontal line. On the other hand, if one portion of the body is too low, the blood does not return as readily as it is carried thither; hence, there is an accumulation and distention, and pain soon follows. If a person goes to sleep with the head but a very little lower than the body, he will either soon waken up, or will die with apoplexy before the morning, simply because the blood could not get back from the brain as fast as it was carried to it. If a person lays himself down on a level floor for sleep, a portion of the head, at least, is lower than the heart, and discomfort is soon induced; hence, very properly, the world over, the head is elevated during sleep. The savage uses a log of wood or a bunch of leaves; the civilized a pillow; and if this pillow is too thick, raising the head too high, there is not blood enough carried to the brain, and as the brain is nourished, renewed, and invigorated by the nutriment it receives from the blood during sleep, it is not fed sufficiently, and the result is unquiet sleep during the night, and a waking up in weariness, without refreshment, to be followed by a day of drowsiness, discomfort, and general inactivity of both mind and body. The healthful mean is a pillow, which by the pressure of the head keeps it about four inches above the level of the bed or mattress; nor should the pillow be so soft as to allow the head to be buried in it, and excite perspiration, endangering ear-ache or cold in the head, on turning over. The pillow should be hard enough to prevent the head sinking more than about three inches.

SMALL-POX.—"Poc" is an old English word, meaning a pouch, pocket, or bag. "Pocs," means more than one, is its plural, and for convenience is spelled Pox, from the many little pits or pouches made in the skin by this disease. The Latin name is "variola," which means a pimple. A person who had the small-pox milked a cow, and the pox appeared on her teats; this cow was milked by a girl, when the pox appeared on her hands, but she did not seem to mind it. A good many other milkers had the same appearances, but all went about their business as if nothing was the matter with them.

Nearly a hundred years ago, a young man was in a drug-store near Bristol, England, when a dairy-maid called for some advice. Small-pox was prevailing at the time, and she was asked by the young clerk if she was not afraid of catching it? She replied: "I can't take it, because I've had the cow-pox." In an instant the thought flitted across the mind of the youth, if small-pox was communicated to a cow by man, and the cow could in turn communicate it back to a man, but with the difference that when thus re-communicated, it was not only divested of its horrors, but fortified the person against taking the small-pox, as seemed to have been an impression which had grown up among the milkmaids, then it might be the case that cow-pox could be given to a man artificially, by taking matter from the poc of a cow and introducing it into the system of a man, just as small-pox was given to man artificially, by matter from a poc on a man. This idea was at first vague and unfixed in words, but when in the practice of years, young Jenner (for this was the apothecary's boy) observed that he always failed to give small-pox by inoculation to the milkmaids who had taken the cow-pox, he determined to try the experiment of vaccination, that is, giving cow-pox to a man by the matter from a cow, and thus rendering him insusceptible of the terrible small-pox from any amount of exposure. This experiment was successfully made on his eldest son, in November, 1789. But it was not until May, 1796, that a decisive experiment was made to ascertain if the matter from a person having cow-pox would give cow-pox to a human being. James Phipps, aged eight years, was vaccinated with matter taken from the hands of Sarah Nelmes. He passed through the disorder in a manner perfectly satisfactory, and in July following, all efforts

made to give him small-pox by inoculation with small-pox matter, failed to take effect. So that in 1796, vaccination as a preventive of small-pox was demonstrated; and at a very opportune time, too; for three quarters of a million of persons were perishing with small-pox every year. In Prussia alone, forty thousand persons died of small-pox annually. After vaccination was introduced, only three thousand small-pox deaths took place in one year; while Sweden, Denmark, and Germany, where vaccination was systematically performed on the whole population, remained absolutely free from small-pox for twenty years, when the people, having grown remiss in the performance of vaccination, scattering cases of small-pox began to appear again. So great was the boon to the world considered, that the British Parliament, in 1802, gave Jenner fifty thousand dollars, and in 1807 voted him a hundred thousand dollars more. Jenner died at his native place, in great honor, in 1823, in his seventy-fifth year.

The matter of small-pox impregnates the air immediately around the person or bedding of the patient; and any unvaccinated individual, or one who has not had the small-pox, who comes within ten feet of such person or the bedding, is very sure to be attacked with small-pox, and to have the pimples appear within a fortnight.

In some cases vaccination wears out, and ceases to be a protection against small-pox, and exposure to it gives varioloid.

The longer a person remains free from small-pox after vaccination, the more severe the attack will be, if it is taken at all.

Those vaccinated in infancy are most liable to have varioloid between the ages of sixteen and twenty-five. This being so, a most important practical inference is to be drawn, that the occurrence of puberty in some way diminishes the power of vaccination against infection; hence it becomes the imperative duty of every parent to have the child vaccinated on entering the fifteenth year. If it does not take, no harm has been done; if it does take, the chances of an odious and fearful disease have been with great certainty removed. This re-vaccination should be repeated at twenty-five, most especially if that at fifteen did not take.

In order to fix upon the reader's mind a strong and clear idea of the value and necessity of re-vaccination, a single fact will be

stated. The Prussian Government, more than any other, enforces vaccination and re-vaccination. In 1837, of forty-seven thousand soldiers re-vaccinated, the full effect took place in twenty-one thousand; and of these last, although the small-pox prevailed all over Prussia that year, not one single soldier took it.

Re-vaccination should be intrusted to the family physician, who should be sacredly enjoined to procure the matter from the arm of one whom he knows himself to be the healthy child of healthy parents, so as to avoid, as far as possible, the introduction of hateful diseases into the constitution of the re-vaccinated. Every parent should place this article where it may be frequently seen.

PREVENTABLE SOCIETY.—That philanthropic and able lecturer, Dr. E. Y. Robbins, says that a society was formed in England several years ago, under the patronage of the titled persons of the realm—Lords, Ladies, Reverends, Dukes, Duchesses, and others—the object of which was to prevent the children of the poor from getting sick. This is a wise, civic economy. A pair of good shoes, a thick woolen under-shirt, a few dollars expended in mending a leaky roof, or to supply an abundance of pure water to a household, would many a time be the means of warding off sickness from individuals and even whole families, otherwise doomed to weary years of invalidism, with the attendant expenses which have to be supplied from charitable funds.

“Doctor, I will give you all I possess, if you can save my last and only child,” is not an unfrequent appeal in our office. In multitudes of such cases, one sentence of information, one moment's rational reflection, one hour's time, would have once averted a malady which now no human agency can alleviate, let alone cure. A blasted, blighted life, an age of remediless suffering, of untold agony, might be prevented in multitudes of cases, by impressing one single lesson on the subject of damp stockings, checked perspiration, cooling off too quickly after exercise, standing still a moment in a raw wind while in a heated condition from physical exertion, sleeping in damp sheets, resisting the calls of nature, going to bed immediately after a hearty supper, taking a bath immediately after dinner, sleeping

in a small, close room. A well-learned lesson on any single one of these points would save many from wasting sickness and premature death. Does one parent in a dozen give one such lesson ?

THE TEETH.—Natural teeth, clean, sound and perfect, are essential to the comeliness of any human face. Defective teeth mar the handsomest features, and cause us to turn away our gaze with a kind of disgust from a countenance otherwise faultlessly beautiful. Sound teeth not only add to the comfort and personel appearance, but contribute largely to the health of all, hence special and scrupulous attention should be paid to them daily, from early childhood, from the time when the first permanent tooth makes its appearance, about the sixth year.

Whenever it is practicable, every tooth in a child's head should be minutely examined by a careful, conscientious, and skillful dentist every few months; and the great importance of special attention to their cleanliness, the avoidance of cold and hot drinks—of the use of any “picks” harder than wood or quills, and of all dentifrices prepared by unknown hands, should be impressed upon the minds of the young with great assiduity.

Harm has been done by propagating the notion that sugar is injurious to the teeth, by diverting attention from real causes of destruction or decay. The eating of any amount of pure sugar can not injure the teeth directly, because it has no residue, it is wholly dissolved and passes into the stomach.

But let it be remembered that the practice of eating sugars or candies or any other sweetmeats largely, will inevitably cause a disorder of the stomach and generate gases there, which will speedily undermine the health of the teeth.

By insisting too much on the fact that sugars and candies destroy the teeth, an impression will grow that if these are mainly avoided, the person so doing will have good teeth, and this leads the mind away from the necessity of keeping the mouth clean and the stomach healthful. If these things are well done, and the teeth are kept plugged in a finished style, teeth naturally or hereditarily “poor,” may be kept in a good state of preservation for many years.

All forms of dyspepsia have a direct tendency to destroy the teeth. Whatever causes acidity of the stomach, is ruinous to

the teeth. A tablespoon of the purest syrup of loaf-sugar, taken three times a day before meals, will destroy the tone of the healthiest stomach in a very short time. And when it is remembered how many patent medicines are made up in the form of syrups and sweet lozenges, and how common the use of them has become, it need not be wondered at that every second or third person met on the street knows the meaning of "sour stomach" or dyspepsia. It has been shown that if a sound tooth be steeped in syrup for some days, it becomes a soft, pulpy mass. That does not prove that syrup is injurious to the teeth, because it was a dead tooth; and further, such a steeping of a live tooth is impossible. The gastric juice is innocuous to a living stomach, but at the very moment of death, that same gastric juice begins to eat up the stomach. So it is inconclusive to reason from the living to the dead, or *vice versa*.

It is urged by many that calomel is a most deadly agent to the teeth, and yet if a sound tooth is soaked for weeks together in a solution of calomel, no apparent effect whatever is produced on it.

So far from sugars and pure candies injuring the teeth or the health, they would, if used wisely and in moderation, as sole desserts, be actual preventives of both; especially if alternated, as desserts, with fruits and berries in their natural, raw, ripe, fresh, perfect state, by banishing from our tables the pestiferous pie, the leaden pudding, and pastries and cakes of every name, which, as desserts, always tempt to excesses which lay the foundation for diseases which torture for a lifetime, or bring speedily to the grave.

Let the spirit of this article be distinctly understood. Pure sugars and candies do not injure the teeth, except indirectly, by their injudicious use in exciting acidity of stomach or dyspepsia, as will any other kind of food, or drink, or beverage, if extravagantly used.

At seasons of the year when fruits and berries may not be had, ripe, fresh, and perfect, as desserts, pure sugars and candies may be used as such in their stead to great advantage, because they are healthful, being warming, nutritious, and agreeable; hence, as a table article, they are very valuable, while the almost universal love of them shows that they were intended to be eaten. If a child is not allowed to eat any thing containing

sugar it will sicken and die in a very short time. Children need the carbon, the fuel contained in sugar to keep them warm; without it they would perish from cold; hence the love of sweet things is an instinct, implanted by the kind and wise Maker of us all for the child's preservation. There are a parcel of stupid creatures in the world whose sole stock in trade of brains and logic amounts to this, that "whatever is good is unhealthy." It is not advised that children should be allowed to eat sugar and candy whenever they want it; but that as a dessert, after each regular meal, the use of pure sugars and candies would benefit and not injure.

SLEEPING ROOMS.—The air which passes out of the lungs is wholly innutritious. If re-breathed without any admixture of other air, it would induce instant suffocation. It contains a large amount of carbonic acid gas. This gas is condensed by cold, and falls to the floor; heat carries it to the ceiling; hence the practical fact, that in warm weather, those who sleep on the floor, breathe the purest air; while in very cold weather, the higher one sleeps above the floor, the better is the atmosphere. Hence, in a warm room, sleep as near the floor as possible; in a cold room, the higher the bed is, the better. A striking illustration of one branch of the statement is found in Dr. Hall's new book on SLEEP. When the jail-fever was raging in England, it was the custom to hand the food and water to the prisoners through a hole in the floor above them. A case is mentioned where the jailer and his wife died in one night, in consequence of the effluvia of the prisoners' cells below; while the prisoners themselves continued to live, showing conclusively the concentrated malignity of the air at the ceiling, as compared with that on the floor. The same principle has an illustration in the narration in the same pages, of the terrible incidents in connection with the "Black Hole of Calcutta," where it was speedily noticed that relief was given by sitting down on the floor. From these statements, it is clear, that it is better to have a fire in the fireplace in a close room in winter than to have no fire; and for two philosophical reasons—the fire rarefies the carbonic acid gas, and compels it to seek the ceiling; besides, it creates a draft up the chimney, thus causing cold air to come in more copiously through the

crevices of the room ; the inevitable effect of which is, a more copious supply of fresh air, and a more rapid change of air. Another incidental benefit from having a fire in the fireplace of a close room in winter is, that less bed-clothing is needed ; hence the body is less smothered and sweltered ; less oppressed by its own emanations, which are necessarily kept in more or less immediate contact with it, as the bed-clothing is heavier. When it is not convenient to build a fire in the fireplace, a good substitute is had in a large lamp, or jet of burning gas, brought into the fireplace by a flexible tube. These suggestions merit special reflection, as there seems to be a very prevalent opinion that cold air is necessarily pure, and that warm is a synonym of impurity.

OPEN FIREPLACES.—One of the most important physical elements of cheerfulness in domestic life has been removed, by the banishment of the old-fashioned open fireplaces from our dwellings. The excuse for this has been, up to this time, that wood was too costly ; but, the introduction of Andrews & Dixon's patent for burning any kind of coal on a level with the floor, and in fireplaces as large and commodious as those formerly used in parlors for burning wood, inaugurates a new method of house-warming ; and when the public gets to understand it fully, it is believed that no man of intelligence who owns the house he lives in, would consent to be without the Low-Down Grate ; because, without consuming any more fuel, for the amount of heat given out into the room, than an ordinary grate, the labor and trouble and care which attend the keeping up of a wood-fire on a cold day is got rid of ; for when the fire is kindled in the morning, it needs no further attention until mid-day, when more coal is added, which lasts until a late hour in the night, without the use of poker or tongs during the whole time. This is our own office experience, now going on two years, the ashes being conducted into the cellar, thus getting rid of the dust and trouble of removal every morning. A fire in a Low-Down Grate in the now dark and doleful New-York parlor, would be more ornamental, and would more wake up to lifelike and enlightened and genial conversation than the costliest painting, the most beautiful piece of statuary, or the most elegant vase of unseasonable flowers. At the close of a

dreary winter's day, when the sullen cold increases with increasing darkness, and the fitful wind rattles the falling sleet against the window-panes or the lattice, a few lumps of Liverpool or cannel coal put on the broad bed of glowing anthracite in our Low-Down Grate, brings every child into our study; and the smaller ones, especially, sit down on the floor around the hearth, and amuse themselves indefinitely, as to time, in watching the clear, dancing flames, while the exclamation often escapes them: "How cozy!" We ourselves know of but one thing better—the pine-knot fire of our younger years in the distant South, with its delightful aroma! But even this is not wanting in some Southern homes; for shipments of the Low-Down Grate have already been made to every State in the South, where the pine-knots can be burned in perfection; for when once lighted on this grate, they will continue to burn until entirely consumed, giving out all that time the luscious piney odor into the room, while the whole of the smoke is rapidly carried off in another direction.

It should be noted that when the ashes are not conveyed away into the cellar, but are received into an ash-box, the grate is elevated some three or four inches, and a poker and blower are needed. The Low-Down Grate is adjusted to the common fireplace, or can be put in the place of the ordinary grate in half a day, at a total expense of thirty or forty dollars, to last for a lifetime.

In reference to this same subject of open fires against stoves and furnaces, Lewis' New Gymnastics says: "In the whole range of possible topics bearing upon human health, *none is more important!* For does it not seriously concern the character of that vital air which we take into our lungs eighteen times every minute? In our climate it is doubtful if any other physiological question is so momentous as this: *How shall we secure pure air within our houses?*

"OPEN FIREPLACES.—In fitting up a house, *an open fire is number one among house blessings!* No other should precede it. If it were at all convenient, it should be a wood-fire, with a large open fireplace. Oh! how it fills the family circle with comfort, satisfaction, and sociability! To keep up the draft, how the entire air of the room is momentarily changed! No matter how full the room may be, the air can never smell close—the car-

bonic acid, and other excretions of the animal body, can never accumulate! Strange the people will not have this *delightful sun* in their very houses, at any cost or sacrifice! Go without silks, go without broadcloth, go without carpets, go without finery of all kinds, and have this excellent purifier and diffuser of joy in every house. Who would not go miles to visit an old-fashioned log-house, with its great roaring fire? In whose childish reminiscences is not that cracking, rushing fire the noblest and most beautiful of memories?

"And pray, now, why not have it all back again? If a small part of the money we spend in various foolish customs were given to the reïntroduction of this good old-fashioned blessing, how much healthier and happier we all should be!

"OPEN COAL-GRATES.—Next to an open wood-fire, the open coal-grate, with a good draft, is the best means of warming and ventilating. And if, with a good draft, the coal used be bituminous, it is certainly a very excellent fire.

"STOVES AND FURNACES.—If in the shutter of a dark room you open a small aperture, and look in the jet of light as it streams through the room, you will discover that the air is full of floating moats. The air of our houses is always crowded with these. In their ordinary condition, they do not poison the respiratory apparatus and the blood, but it has been proved by some of the first scientific observers that when they are exposed to contact with a heated stove or furnace, they do poison the man. Millions of these particles, which have been thus burnt, come from the stove, and are sent up from the furnace to poison our lungs and blood.

"Make as many holes in the walls as you please, the air is dull, stagnant, and will give you the headache.

"But some one may say, 'The stove has a draft, too.' Yes, that is true, but the amount of air which thus passes out of the room, when compared with the amount of heat emitted, is almost absolutely nothing.

"I am always sorry when I hear the furnace business is prospering. There never ought to be another one put into a dwelling-house.

"The strong tendency to nervous disease which has shown itself in this country, within the last quarter of a century, may in considerable part be charged against stoves and furnaces.

"Most thoughtfully and conscientiously do I believe that consumption would be greatly lessened if these stoves and furnaces were all thrown overboard. And in this I but echo the voice of the wise in my profession."

Although many persons have called at our office, at 42 Irving Place, New-York, to see the operation of our Low-Down Grate, we still give the invitation to "Come and see," any cold day, only do not come later than eight P.M., for at nine we are in bed.

As to the manner in which the Low-Down Grate has been received, the reader may have some idea in the knowledge that almost every educated physician in Philadelphia, where these grates are made, has one or more of them in his house. They have been ordered from Canada, and from almost every State in the Union. One gentleman, from Mississippi, having used one or more of the Low-Down Grates for several years, was so much pleased with their working, in burning wood, and in their adaptation to a Southern climate, that in building one of the finest private mansions in the South he ordered nineteen of these grates, six of which being plated with silver, cost one hundred and forty dollars each. In burning wood-fires in open fireplaces, it is pretty much the business of one person to keep up a couple of fires in cold weather, while our grate needs no attention whatever from the time of kindling in the morning until retiring for the night, except to lay on a little more coal about midday, requiring no poker nor the removal of ashes during the whole day.

VENTILATING CHAMBERS.—When it is considered that pure air is essential to the purification of the blood, and that the food we eat never becomes nutriment until it meets with the air in the lungs, and when it is furthermore remembered that a full third of our entire existence is passed in our sleeping apartments, it must be clear to the commonest understanding that the difference between breathing a pure and impure air while we are asleep is literally incalculable as to the effects upon our happiness and well-being. How an impure air is caused and how it may be avoided are plainly treated of in our new book on SLEEP, including, as it does, the general subjects of sleeping, ventilation, the planning and warming of houses, etc., etc.

FARMERS AND CITIZENS.—An extended series of observations seems to have warranted two conclusions, both adverse to commonly received opinions :

First. There are more persons in lunatic asylums from the country than from the town.

Second. The average of human life is greater in the largest cities, than in the country adjoining ; yet farmers eat plain, fresh food, take abundant exercise, retire early, and get up by daylight, breathing the pure out-door air for at least half their existence. On the other hand, citizens retire late, rise late, eat food and fruits one, two, or a dozen days' old ; are indoors three fourths if not nine tenths of their time, breathing an air vitiated by furnace-heat and a variety of other causes, and take comparatively little exercise.

It is practically useful to note some of the general reasons which may very rationally be considered as explanatory of such results.

The universal tendency of concentration of thought upon one subject is to monomania, madness ; this is so palpable a fact that argument is not necessary. When, therefore, the subjects of thought are few in number, this same tendency exists. The weather, the crops, the market, is the idol trinity of most farmers ; in a wide sense, they think, talk, dream about nothing else with any special interest ; all besides is secondary, and if by any novelty the mind is compelled out of its wonted track, it soon relapses into the old tread-mill circle, into the same rut of ages gone. In great cities this destructive concentration is almost an impossibility ; the morning papers, the prices current, the stock-markets, the accidents, the wars of nations, the exhibitions of curious and stirring things, keep the mind on the look-out ; in fact, almost too active ; there is scarcely enough time for needed rest. The day begins with running over the state of the world, as exhibited in the newspaper. From nine until four the whole mind is absorbed in matters of business ; from that until near midnight, there is a comparative abandon to dinner, to social ties, to giving or receiving visits from acquaintances, friends, and kindred, in going to the concert, the lecture, the opera, to evening parties, or other sources of agreeable diversions or profitable intercommunions.

The farmer, glorying in his health and strength, thinks his

constitution impregnable; scouts at method and system and precaution, considering them as nothing but doctors' whims and old women's notions. He believes in eating hearty suppers and late; he has done it all his life, and is not dead yet, and resolves so to continue until the end of the chapter, when some morning the news goes round, "Died last night" of apoplexy, cholera-morbus, cramp colic, or the like. At other times bilious fever carries him from health to the grave in ten days, in consequence of going to sleep in the entry or on the front-stoop after a hard day's work; or he brings on some other malady by damp feet, bad cookery, neglecting the calls of nature, or deliberately postponing them. The citizen, on the contrary, has more or less informed himself on these matters, both by reading and observation; he is compelled to pay deference to nature's laws; he knows that their infraction is attended with certain penalties, and his better judgment leads him to estimate properly the value of a wise course of life; while all the time he is relieved from the necessity of encountering great exposure to heat and cold, of excessive and exhausting physical efforts, which accidents and the hurry of the seasons impose on those who cultivate the soil.

Farmers will become healthier in body and in mind, in proportion as agricultural papers are taken, for several reasons: these publications uniformly contain a large amount of unexceptionable family reading, as to health, temperance, and sound morals; they will also gradually waken up the mind of farming people to experiments, to what is often sneeringly styled "scientific farming." Every day the helter-skelter mode of agriculture is becoming less and less remunerative; every day it is becoming more and more necessary to study the laws of vegetable growth, the habitudes and needs of plants and grains and trees; and in proportion as this is done, and the analysis of soils becomes an indispensable pre-requisite, there will be a world of novelty and light to break in upon the farming mind to interest, electrify, and enrich. The time will come when to attempt the successful management of a farm, large or small, without some considerable practical knowledge of chemistry and botany and geology, will be considered the extreme of Quixotism. Meanwhile, let farmers and farmers' wives, with their children, bear in mind that to diminish the chances of a

dyspeptic or bilious madness, or a premature death from acute disease, they should practice habits of personal cleanliness and bodily regularity; should eat only at regular hours, not oftener than thrice a day, and never between meals, swallowing not an atom after sundown; eat always slowly and with great deliberation; take nothing for the last meal of the day beyond some cold bread and butter and a single cup of water or warm drink, so as to throw the main meal to breakfast or dinner, thus having all the exercise of the day to "grind it up," to convert it into healthful nutriment. Avoid damp clothing and cold or wet feet; keep out of even the slightest draught of air after all forms of exercise; and all the while practice, as to the body, regularity, temperance, and self-denial; while, as to the mind, cultivate a cheerful spirit, a courteous temper, and a loving heart. The great general idea is this, that as between farmers and citizens of the largest cities, the chances are in favor of the latter as to length of life and mental integrity; that less bodily exercise and more mental activity bring better results in the long run than more exercise and less mental activities; that what tends to waken up and divert the attention, is quite as indispensable to our well-being as bodily activities; that Barnumizing (keeping us waked up to new things and strange) is an institution for health, as well as the gymnasium and the Central Park.

OVER-EATING.—"I am the captive of appetite. I am hungry all the time, and get up from the table hungry." Thus writes a public man of unusual promise. A great name once said: "I have been hungry for two years." He had a malady which threatened death, if he ever over-ate, yet he had the force of will to avoid excesses for a lifetime. His name and his works will live in the memory of the good for ages to come. To avoid over-eating requires moral courage; it takes a man to do it; cowards and babies fail every day. An incessant feeling of hunger is a great torment; it is the sign of dyspepsia. A dyspeptic lives on thorns. If he does not satisfy his appetite, there is a ceaseless longing to eat; if he does eat as much as he wants, he either spits it up by piece-meal in the course of hours, or suffers a variety of aches and ails which make of life a burden, and utterly unfit him for enjoyment, or the proper dis-

charge of business or of duty. The very first step towards the cure of any case of dyspepsia, is the heroic resistance to the calls of the stomach. The rule, in almost all cases, is to eat but little, eat often, eat regularly, and to be in active exercise in the open air for as many hours of each day as possible; the more the better. The very essence of dyspepsia is, that the stomach is too weak to manage the food introduced into it; it can not convert it into nutriment. The work of the stomach has been compared to a kind of churning operation; it carries the food round and round, as a spoon carries bits of ice in a glass of water, when they are to be melted. Now if the stomach is too weak to push them around, they settle, remain at rest, collect at one point, and we speak of it as a "load," as being "heavy as lead." To carry out the comparison so as to convey the desired idea, at the expense of a literal scientific view of the case, the stomach might be able to carry a little food, an ounce, around its walls, when it could not carry a full meal of two pounds; it may carry around a few ounces of plain, nourishing food, and digest it, dissolve it in an hour or two, when it would fail to do the same in five hours, by a hearty meal. A faithful servant recovering from a long sickness may be able to do a little work, and do it properly; but if too much is given, it is either not done at all, or not done well. By giving a little at a time, and giving opportunity for rest, an ability is gradually acquired to do more and more.

The general rules for dyspeptics are, eat what you crave, but only so much as will not afterwards give the slightest discomfort whatever, and gradually feel the way along to take more and more. The easiest way to avoid eating too much, is to have, at specified times, that amount of food sent to your room, which observation has shown to be proper for you. If this plan is persevered in, the feeling of gnawing hunger will gradually disappear, and will only be present when the time for eating comes. Generally speaking, in our own observation, the best bread for a dyspeptic is pilot bread, or ship-biscuit, having nothing in them but flour and water, or the crust of cold wheat or light bread, in either case softened with hot water; fresh meat, rare done, and cut up as fine as a pea, is more easily digested and converted into nutriment and strength than any vegetable whatever. Ship-biscuit, fresh meat, and abun-

dant out-door work will cure almost any dyspeptic, if the use of these is persevered in according to the principles laid down. But as not one in ten thousand has the moral courage to practice the self-denial, and to do the work suggested, this article perhaps might as well have not been written, except that now and then a hero and a philosopher might see it.

"GOING IT."—The perfectly reckless manner in which human health and hopes and life itself are trifled with, finds a powerful illustration in the narration of a banker, given with all the directness, succinctness, and matter-of-fact way of a thoroughly business man :

"It was my habit to smoke what was equivalent to a dozen segars a day. I also drank a good deal, and for the five years preceding my sickness, I had been much confined to business, scarcely having any exercise, also slept at place of business, where the air was very bad. Add to these the fact that I did not know any thing about taking care of myself."

It was with the hope that parents would be glad to supply their children with a JOURNAL OF HEALTH like this, in order to give them in time the very information which would have saved the banker long years of illness, with all the sufferings, anxieties, and vain labors for health which have followed in the train. And yet it is very certain, that not one parent in any hundred on an average, who reads this article, will spend a dollar for this or any similar publication for a son at college, or a daughter at a boarding-school, or will devote one hour in a month towards instructing their children at home, as to the means of maintaining health or of avoiding disease. And yet, when health is lost, these very same parents, looking on the flower early and surely fading away into the grave, will freely spend hundreds and thousands of dollars, will eagerly undertake painful journeys by land, and encounter the perils of ocean navigation for thousands and thousands of miles, for the bare chance of a little improvement, and the phantom-like hope of an eventual restoration. It certainly is not desirable to fill the minds of the young with symptoms and remedies. Such is not the object of this or publications like it, but to show, in every variety of way, how diseases are engendered, and how, by a trifling care and a little wise attention, to avoid them. May the

day soon come when it will be considered a better "start in the world," to enter upon the great theater of human life at "twenty-one," with a good constitution in a high state of preservation, than to "begin business" with a large capital and no "physique," no bodily vigor to carry it on with energy, activity and life.

A DANGEROUS CURIOSITY.—It is the most natural thing in the world, when you have gone to bed, to get up, run to the window, hoist it and look out at an alarm of fire or any unusual noise or clamor going on outside. A lady was roused from her sleep by a cry of "Fire;" her chamber was as bright almost as day when she opened her eyes. She went to the window, and soon saw that it was her husband's cotton factory. She felt on the instant a shock at the pit of the stomach; the result was a painful disease which troubled her for the remainder of her life, a period of nearly fifteen years.

A young lady just budding into womanhood was called by the sound of midnight music to the window, and in her undress leaned her arm on the cold sill; the next day she had an attack of inflammation of the lungs which nearly killed her. She eventually recovered, only to be the victim of a life-long asthma, the horrible suffering from the oft-repeated attacks of which, during now these twenty years, is the painful penalty, to be paid over and over again as long as life lasts.

A letter just received from a successful banker, who has been an invalid for five years, every now and then spitting blood by the pint, with a harassing cough which makes every night and morning a purgatory, states that the immediate cause of all his sufferings, and the final blasting of life's prospects, was his getting up on a cool night, to look out of his chamber-window, his body being in a perspiration at the time. That sturdy old Trojan, Dr. Johnson, used to say that "mankind did not so much require instructing as reminding;" hence the present reminder, that it is dangerous for people to be poking their night-caps out of window after night-fall. Another mischievous habit in the same direction, may have pertinent mention here: standing in the street doorway in cold weather, while the door itself is open, in taking leave of visitors. The cold air from without rushes into the dwelling, causing a draught, which

chills the whole body almost instantly. It is a hundred times safer to close the door and stand without, bare-headed. Many a tedious case of sickness and suffering has been occasioned, and even life itself has been lost, by an exposure, apparently so trifling. May our readers remember these things, and teach them to their children on the instant.

THE FEET IN WINTER.—Sometimes in washing the feet in warm water, a great deal of scurf or whitish soft substance may be scraped from the soles; this is dead skin, dried perspiration, and other accumulations, all resulting from a want of personal cleanliness. These accumulations occur most in winter, when washing the feet is neither as convenient nor agreeable as in summer-time. Many persons suffer from cold feet, simply from a neglect to keep them clean. Few suffer thus in summer-time, one reason for which is that the skin is moist, the pores are open, a free evaporation takes place, and the blood is invited to the surface. In winter the skin is dry, harsh and cold. To keep them constantly warm and comfortable, is indispensable to good health; and to do this, the surface must be brought to the condition of summer; that is, must be soft and somewhat moist, instead of being harsh and dry. This may be soon brought about by soaking the feet in warm water for half an hour at a time daily, using most freely a very stiff brush, with good soap. After the skin has become soft and smooth, a good washing with soap and warm water twice a week during cold weather, will greatly contribute to a healthful condition of the feet as well as to personal comfort. If the feet are kept unexceptionably clean, and are nevertheless inclined to be dry, considerable benefit will be derived by rubbing into the soles every morning a little sweet oil, twenty or thirty drops to each sole, with the palm of the hand, patiently and well, the object being to secure by artificial means, that softness and moistness which is known to favor evaporation and to invite thither the flow of blood. If in addition, the feet were placed in cold water regularly every morning (when not unwell) not over two inches deep, and remaining in not over half a minute in cold weather, then rubbed briskly dry with a coarse cloth, next with the hands, all followed by a brisk walk or stamping for a minute or two, or until they begin to feel comfortably warm after the

cold bath, an improvement in the condition of the feet would be secured in a reasonably short time, which would largely compensate for the trouble taken.

BATHS AND BATHING.—A cold bath is 75° and under; temperate, 75° to 85° ; tepid, 85° to 95° ; warm, 95° to 100° ; hot, 100° and over.

The temperature of the body in health is ninety-eight degrees Fahrenheit. For purposes of cleansing the skin, a hot bath is the most efficient, but it should be indulged in only occasionally, and for a very few minutes at a time, as it rapidly exhausts the physical powers. It opens the pores of the skin and increases the activity of the circulation for the moment; but if followed by an instantaneous cold shower-bath, an invigorating effect is produced. A hot bath excites, a warm bath soothes and tranquillizes; it makes the pulse slower, and causes more equable breathing.

A vapor-bath is of steam instead of water, and is applied inside as well as out; its first effect is a feeling of oppression, but soon perspiration is induced, and delightful sensations ensue. To prevent taking cold, the person should pass from the steam-chamber into a tepid bath for a single moment, then wipe dry briskly, dress and walk.

No kind of bath ought to be taken within an hour before a regular meal, nor sooner than four hours after; sudden death has often resulted from inattention to the latter. The best time for bathing is immediately after rising in the morning, as then there is greater power of reaction, without which there is no invigoration, no benefit.

The sponge-bath is the application of water to the surface of the body by means of a sponge. When persons are feeble, one portion of the body should undergo the process at a time, then quickly wiped and dried, and covered, before another is exposed. There are few persons indeed who would not be greatly benefited by the following procedure every morning, winter and summer: Wash the hands first in a small amount of water with soap, for if but little is used, a teacupful, it is warmed by the hands, and thus becomes more cleansing, without the trouble of preparing warm water; then rinse them well; afterwards wash the face in a large basin of cold water just drawn or brought into the room, for all cold water becomes filthy in

an hour or two if kept standing in a sitting or sleeping apartment. After the face has been washed plentifully, throw the water up to the elbows, then a little higher at every dash with the hand, until the arms, neck, throat, behind the ears, arm-pits, and upper portion of the chest have been deluged with water; next (except women with long hair) wash the whole scalp abundantly, rubbing the water into and about the roots of the hair with the ends of the fingers; then wipe with a towel, absorbing as much of the dampness from the hair as possible with an extra dry cloth, and dress, leaving the arrangement of the hair to the last, so as to give it an opportunity of drying somewhat; for if it is wringing wet, it will not dress well, and besides will keep the head cold by its evaporation. In dressing the hair after such a washing of the head, the comb should be passed through it in the gentlest manner, so as to make no strain upon the roots, nor break any hair in disengaging the tangles. The hair thus dressed in the morning will remain so the whole day, or, if not, can easily be re-dressed, with the advantage of perfect cleanliness, which can not be said of the filthy practice of using hair-oils.

BARE NECK AND ARMS.—There is, perhaps, not an eminent physician in any system of practice, who will not declare, with a distinguished medical practitioner, now deceased: "I believe, that during the twenty-six years I have followed my profession in this city, twenty thousand children have been carried to the cemeteries, a sacrifice to the absurd custom of exposing their arms naked."

THE JOURNAL'S PROSPERITY.—We forgot to ask our subscribers at the close of the year to renew their subscriptions, and nearly every one of our exchanges failed to make any mention of the fact that it was a very good time for any of their subscribers who wanted to live a hundred years to order that very useful publication, **HALL'S JOURNAL OF HEALTH**, published at 42 Irving Place, New-York City, for only one dollar a year. But in spite of these omissions and the difficulties of the times, and another fact that we made no promises of the great things we were going to do, nor offered pictures as big as a barn-door, and as beautiful, as extra inducements, our subscription-list this first week in January is nearly four times as great as at the same time of any year since our commencement. We do not know of one delinquent subscriber for 1860, nor will there be for 1861. Crediting demoralizes those credited, and bankrupts worthy publishers in multitudes of cases.

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[NO. 3.

THROAT-AIL.

I have endeavored in all my writings to substitute this name for *Laryngitis*, or *Clergymen's Sore Throat*; it is shorter, more comprehensive, more correct, and has the advantage of being plain English. It is a disease which every mother ought to understand, for in the shape of *croup*, it puts her child in the grave in a few hours. Every person who loves to sing, should know its nature, for it destroys the voice. Every lawyer, every clergyman, every politician ought to make it their study, for it robs them of their capital in trade, and often lays them on the shelf for life. In short, it should be generally understood at least as to its symptoms, for it is very often the forerunner of consumption, that hated name.

There are two forms of throat-ail—the rapid and the slow. By rapid throat-ail, the great and good Washington perished prematurely, in a few hours' illness. By the slow kind, many public men are deprived of their means of usefulness, and of support, and have to spend their remaining days in struggling for a scant subsistence, or in following some new trade in their old age.

I write for the people, and think it sufficient for the general good, to acquaint my readers with merely the symptoms and the causes of what is called "THROAT-AIL," par excellence, the kind which lasts for weeks and months, and years, ending in disablement of voice, and finally death by consumption.

Throat-Ail is like a fire, the sooner you know of its existence the better; and like a fire too which seldom goes out of itself; so throat-ail seldom indeed gets well of itself, but burrows and deepens, until it undermines the constitution, wastes away the health, and strength, and flesh, and finally fastening itself in the lungs, completes the wreck and ruin of the whole man.

The first symptoms of Throat-Ail, or Chronic Laryngitis, or Clergymen's Sore Throat, are usually a frequent hemming and hacking, in order to clear the voice or throat; this is slight and seldom at first, and may not be noticed for weeks; but then, it is so decided, that it forces itself upon the attention, either by its frequency, or by the force required to clear the throat sufficiently to speak with distinctness. After a while, it requires such an effort to enunciate plainly, that the patient for the first time becomes aware of a certain feeling of tiredness about the throat or neck; most generally it is a dull hurting; or he finds there is a kind of lumpish feeling in the throat, and he attempts to swallow it away, and it does seem to go down, but it does not stay down, and he swallows again, and soon he finds himself *swallowing all the time*; occasionally there is a different cause for swallowing, the throat appears to be dry, and swallowing for a time seems to moisten it; finally the swallowing is almost incessant, especially if the mind is directed to it. For a time, nothing is brought away; gradually a little pearly or whitish or cottony like phlegm is brought up, and the patient becomes hoarse. In the progress of things this phlegm becomes dryish, and so tough, that it clings to the inside of the throat, and can only be dislodged by a decided effort at clearing, with a dipping forward of the head. The voice next becomes husky; at last a positive cough is necessary to dislodge the phlegm, and consumption soon follows.

The symptoms detailed are present in the history of every case I have known. Accompanying these, there are occasional additional symptoms. A kind of pain, sharp or hurting, runs up the side of the neck towards the ear. Some complain of a burning feeling now and then at the little hollow at the bottom of the neck; or up and down the breast bone in the centre, or at the pit of the stomach. These burning sensations are not felt continuously in any case, but at certain times during the day.

A very common symptom is a depression of spirits, altogether greater than the actual feeling of discomfort warrants. In the progress of the disease, the feet become cold; there is a bad taste in the mouth of mornings; occasional headache; the bowels do not act daily, or if they do, what is passed is hard or bally; the patient is easily chilled; "the slightest

thing in the world" gives him a cold, and "a cold always makes the throat worse." The food either sours on the stomach, or remains there like a weight for hours at a time; the appetite becomes impaired, or it is so voracious, that "I can eat almost any thing" and "yet hungry all the time." The patient begins to lose flesh and strength; and does not swallow as easily as he used to; at length he cannot swallow at all; in the effort, even water comes back through the nose and the man dies of starvation.

Reader, if you have incipient symptoms of throat-ail, do not be a fool and go to some old woman, or Indian Doctor, or some officious and all-knowing granny, and waste time and perhaps life in experimenting on red pepper tea, or the soup made by Shakespeare's witches, or the Alicumstouton Salve, named at page 147 of the Journal for 1854. Do not go to swallowing brandy, or the still more murderous lozenges of the shops; for brandy may not certainly kill any man, lozenges will. But go at once to a regularly educated physician, who is, as I think, necessarily a gentleman; he will not promise to cure you in a week, or in a month, or in a century; he will promise you just nothing at all; he takes it for granted that you understand that he feels it his duty and his interest to do for you the best he can, and he will do it. Do not tell him that if he cures you, there are a few more of the same sort left in your neighborhood who will also come. Do not promise him an extra fee if he is successful in your case; for it will only make him feel that you are as green as you suppose him to be. Do not come the pathetic over him, that you have six wives living and dead, and nineteen children, and you hope he will do the best he can for you, for the—smallest price possible. In calling upon such a physician, you have only two things to do; tell your symptoms, and follow his advice implicitly and well; his reputation and his bread depend on his success: you can appeal to no higher motives. And always remember, that it is impossible for such a physician to say to you, "no cure no pay." Is a man to spend weary hours and anxious days and sleepless nights in trying to save your life, and to be paid nothing, unless he succeeds, especially when you have spent all your money on patent

medicines and advertising certifiers; shame on the man who could make such a proposition.

CAUSES OF THROAT-AIL.

I cannot here state them all, nor at length, only the principle ones, and them succinctly.

I have now these many years confined my attention rigidly and exclusively to throat and lung diseases. I think I was the first physician in the United States to do so, as rigidly. I know not that there is any one besides myself in this country, who dismisses every case as invariably, in which the air passages are not involved. I make this statement for the purpose of enabling the reader to place the deserved estimate at the assertion I am going to make, to wit:

Three cases out of every four coming to me for throat-ail, have it as the result of improper eating and drinking.

Such a large proportion of cases of throat-ail originating in the stomach, I found my remaining remarks on this general origin.

How can the Stomach make the Throat Sore?

A stroke against the elbow is felt at the fingers' end. When your foot is asleep, from sitting on a hard edge of wood for some time, the cause is at the point of pressure, and yet it tingles in the toes a yard off. A good knock on the head "makes the fire fly" at the eyes.

The condition of the throat is affected by the condition of the stomach, because a certain nerve branches off, one part of that nerve goes to the stomach, the other fork goes to the throat. The nerves are like the telegraphic wires, touch them at one end, and an effect is produced at the other. So if the nerves which supply the stomach are disordered, those in the throat are liable to become so too. Most of us have heard of "*heartburn*," some have felt it; it is a burning sensation, sometimes felt at the point familiarly called *the pit of the stomach*, and sometimes in persons who use their voice much, this same burning is felt at the little hollow at the bottom of the throat and the region of *Adam's apple*, and that is the spot where throat-ail is located.

I wish here to arrest the attention of clergymen, singers, teachers, and public speakers to this interesting inquiry.

If sour stomach, or *dyspepsia*, as physicians term it, causes burning or other sensations in the throat of clergymen and other persons who use their voice much, why does not sour stomach affect the throats of all, as the same nerve supplies branches to both throat and stomach? This is the reason: a slight stomach derangement does not affect the throat perceptibly, if the voice organs are in a strong, active, healthful condition, because they have vigor to repel disease. It is a law of the human frame, that an ailment is apt to make itself felt next, or most decidedly in that particular part of the body which at the time is weakest in the performance of its functions, and as the voice organs are often in a lax or debilitated condition from frequent or unusual voice efforts, or injudicious conduct after voice effort, as stated at length in the Journal for 1854, page 39, and are at length made permanently feeble by these repeated uses and indiscretions, so being the next weakest part, disease flies there; thus it is too, that when such persons take cold, the throat being the weak part, feels it promptly.

A proper use of the voice strengthens the throat, and gives it a capability of resisting disease, just as a judicious use of any other muscles of the body increase their strength and health. But improper use, as just stated, by weakening, renders them more susceptible of disease of any kind, and specially of the stomach, in consequence of the nervous connection before described.

An injury done to any part of the body may be resisted, or if not, may be repaired by the curative energies of nature; but if these injuries are frequently repeated, the strength of nature is exhausted in endeavoring to make repairs, then she remains prostrate and powerless, and disease has unbridled sway.

When in any given case, a man is in a condition to have his throat affected by the state of his stomach, violence is offered the throat at each meal, three times a day, in time these effects last longer, until the effect of one meal reaches to another, and the throat is more or less ailing all the time.

But to follow up the case, how is it that persons have *sour stomach* or *heartburn*?

All understand that what is sweet cider to-day, is sour to-

morrow; we look at it and find it in constant motion, it is "*working*," *fermenting*. When food is taken into a healthy and well acting stomach, it is in a short time *digested*, that is, converted into a kind of liquid, no lumps or any thing of the sort in it, just as when you place a great many bits of ice and snow in a glass of water, the mass soon becomes all fluid alike. The food is made into this one fluid substance by the action of the stomach and what pertains to it. But the amount of food which the stomach can thus turn into a liquid form, is limited, just as if you put a certain amount of ice lumps in a glass of water, that water will melt them, but if you put in too many, none of them are wholly melted, and it remains a mixture of water, spears of ice, and solid ice. When then, more food is taken into the stomach at any one time than it can convert into a homogenous fluid, it remains in lumps more or less, and it is said to be *undigested*, and begins immediately to ferment, to become sour and produces in the stomach the same sensation that swallowing vinegar causes in the throat, a burning.

We see then, that sour stomach is caused by eating more than the stomach can digest. But how are we to tell how much the stomach can digest? In the same manner precisely as each one may ascertain to a quarter of an hour how much sleep he needs as explained in the Journal for 1854, page 88. Observe nature. The brutes are regulated in all these things by instinct, to us the nobler reason is given, and it must be our guide. We must observe and judge.

What one man eats or drinks in quality or quantity is no guide for any other man, any more than the amount of labor one can perform, is the criterion for another. Each man must for himself bring his own observation and judgment to bear on the question, *How much must I eat?* The general rule is, Do not eat so much, as to cause any unpleasant sensation afterwards.

If you at any time take a meal, and afterwards within an hour or two feel uncomfortably, then what you have eaten, *does not agree with you*; you have eaten, either in quantity or quality what your stomach cannot digest. Nine times out of ten, it is the quantity and not the quality, which does the mischief.


When persons have been ailing some time, almost every thing they eat or drink, sours on the stomach, even a cup of tea or a glass of cold water, or toasted bread, gives sourness, or weight, or oppression, or some other ill feeling; in time, the throat begins to feel tired, dry, or to burn, or smart, or is clogged up a little and we are all the time clearing it away; this is "*Dyspeptic Throat-Ail*," or Clergymen's Sore Throat. But why was such a name given to it? Because to a certain extent it is a comparatively new disease; we read little or nothing of it in the old books, a new disease as much then, as cholera is a new disease. It was perhaps first noticed to attack clergymen for two reasons: the injudicious use of the voice, as noticed in the article on Air and Exercise for February, 1854; and from increased notoriety over a common patient, for when the minister is ailing the whole town and adjoining country soon know it; but I am now come to the point of exposing one of the two grand mistakes of modern times in reference to health. I will name them both here, although I will at present discuss but one. The first mistake is about injuring one's health by hard study, and the other is that a minister has become disabled by his "*arduous labors*;" these two things are simply pious frauds, the former committed generally by young students, the latter by young clergymen, securing for them a kind of sympathy considered to belong to martyrs. Two things I know: the first is, I never injured my health by hard study; the nearest I came to it was in ruining my eyes by studying the miserable edition of Scrivilleis' Lexicon, "a long time ago," till twelve o'clock at night, the days having been spent in writing poetry and pathetic epistles to a schoolmate. I received sympathy instead of the switch, just as nine young gentlemen out of ten in the college, the university, and the lecture room are complimented, when their health gives way, with the appellation of a *hard student*. I never knew a man, young or old, to injure himself by hard study. It is a mistake. In some future number I may tell how said mistake originates.

The other of the two grand mistakes before alluded to, I propose to discuss is this, "*Clergymen's sore throat is wrongfully set down to the score of 'arduous labors'!*" Let the observant reader reflect a moment on a little fact which

may not have as yet formed itself in words, but which upon mention will bring with it a "*realizing sense*" of its truthfulness.

Away out in the wild woods of the West, where I "was raised," the people are a type of Gotham and Fifth Avenue, the only difference being, as Wadsworth told us one Sunday not long since in one of his grand efforts, the greater or less exaggeration of any given characteristic—well; away out there, where the folks are, as Eastern people believê, a kind of half and half mixture of the civilized and the savage, specially the latter, people love their minister, they love him affectionately as David did Jonathan, and if he does not come to see them often, their feelings are hurt. But if he comes and does not eat with them, "it is no see at all," it is not considered a visit. He must not only come, but "*come often.*" As it is their minister, they honestly think that nothing they can put on the table is too good for him, consequently the modern Martha "dishes up" every thing she thinks good, and every thing "her man" thinks is good, and every thing the guest is supposed or known to like, and the result is a conglomeration of every thing under the sun—suppose it a "supper," as is generally the case; they do not *take a dish of tea* out West, they "eat supper," the third and last meal of the day. Well, look in on that Kentucky supper, there is coffee and tea to begin with, and hot biscuit, and corn bread and wheat bread, and boiled chicken, and a mackerel, and chipped beef, and ham and eggs, with a pitcher of pure milk, and honey and molasses, and all the different kind of *preserves* ever thought of, besides buttermilk and "*pie,*" and cider and baked apples—that is a Western supper, reader, and the minister is expected to *take a bit* of every thing there; they would be almost *affronted* if he did not. If he did not make a dash at the whole catêgory, they would say *he was proud*, and there his influence would end. He knows it, and feels in a sense compelled to eat more than he wants, certainly more than he needs, and more than he would eat, if there was not variety to tempt. We have the same thing here in New York, although in a more refined shape, instead of such "suppers" at "sundown," we have regular dinners at ten o'clock at night, and having to wait several hours longer than usual, there is such a

ravenous appetite, that an amount is eaten very far beyond the needs of the system, keeping the stomach laboring for hours after, to relieve itself of the unwonted burden. Such occurrences frequently taking place, will inevitably induce dyspeptic habits, and all their long catalogues of ill. *Our ministers are feasted too much.*

Another cause of dyspepsia in ministers, is *eating too soon after preaching*. For two or three hours the tide of nervous energy has been setting in strongly towards the brain, and it cannot be suddenly turned towards the stomach; but the mental effort has occasioned a feeling of faintness or debility about the stomach, and a *morbid* appetite; and if food is taken at all largely, there is not the nervous energy there requisite to effect its digestion.  for the brain will be running over the discourse; you may bring the mind back to the eating for a moment, but before you are aware of it, it will be laboring at the discourse again; every public speaker knows this, and the food lies there like a weight or a lump for hours.

The same result is produced in a less decided form by studying out a sermon. The mind becomes absorbed, the announcement for dinner is made, you are unprepared for it, it is rather unwelcome, you do not feel hungry, for the brain is at work, not the stomach; however, as it is meal time, you go down, but the mind is in your "study," and you eat because it is dinner time, and not because you have an appetite—the principal cause of the most aggravated forms of dyspeptic disease—*eating without an appetite*, one of the most suicidal of all domestic practices; eating simply because it is eating time, rather than by waiting until the appetite comes, give the trouble to prepare another meal. Every student should leave his books at least half an hour before a meal, and spend that half hour in a leisure walk in the open air, or in agreeable conversation on the piazza, or in the garden.

AN INSTRUCTIVE WARNING TO CLERGYMEN.

In illustration of the principles stated, I will record here a fact.

A very eminent D.D. *within a year* has given up the charge of his congregation from *a complaint in the throat*: his parishioners, in parting with him, presented him with a farm, and now he is lecturing over the country, and nothing

is heard about his throat complaint, except when he leaves his wife at *home*; when that is the case, he is laid up instanter. As long as she is at his side to watch over what he eats as to quality and amount, he keeps well; when he transgresses, the food sours on the stomach, the throat burns, gets clogged up, he is hoarse and useless.

I have extended this article beyond my calculation, but its importance cannot be over estimated, for I consider it a statistical fact, that *three out of four of all the clergy who are prematurely set aside as unavailable workers*, are thus set aside in consequence of errors in diet; errors to a certain extent inseparable from their present connection with society, in the manner I have stated.

Throat-ail then being generally located in the stomach—what is the use of gargling the throat with acids and metallic preparations, which destroy the teeth? and what is the use of swabbing out the throat with nitrate of silver, when the source of the disease is elsewhere. It does I know sometimes give relief, but it is not permanent, it cannot be, for it is merely covering a black spot on the wall with whitewash; the spot is not seen, but it is there still; but unlike the black spot, which is statu quo, the disease, though covered, is burrowing and spreading still. If again, the disease is really in the stomach, it is a useless waste of time, it is unphilosophical, to tell a clergyman who has throat-ail, that he must abandon preaching; because the voice muscles must be treated like any other muscle of the body which is debilitated, their energies must be invited back by judicious forms of exercise, just as in recovering from a fever, we increase our strength, by exercising carefully and gradually, and safely increasing that exercise.

Besides, if the minister gives up his congregation, he gives up his bread, and he not only has leisure to brood over and thus aggravate his ailment, but also to worry himself as to some mode of obtaining subsistence in a manner not inconsistent with his former calling. Hence, the indispensable means of curing an ordinary case of clergymen's sore throat are to keep the patient at work, modifying the forms of voice exercise according to the needs and habits of each case, and the regulation of the digestive functions by a proper adaptation of food as to quantity and quality to the needs of the system.

COLD FEET

Often produce a burning sensation in the throat, which if allowed to continue in operation, ultimately undermines the health; the reason is, less blood being in the feet than is natural, there is an extra amount at the other end of the body; can any thing be more absurd than to clip off a man's palate, whack out his tonsils, and "burn out his throat," for such an ailment; can that send warmth to the feet? can we purify the fountain, by purifying the stream? When will men learn to think for themselves?

My experience is, *Throat-Ail is not to be radically and permanently cured in any case, except by rectifying first, and then building up the general health of the system*, and that requires time, determination, and systematic habits of rational life. Who thinks differently, and acts up to his belief, will find himself just as miserably deceived, as that unfortunate class of theologians, who assert "It is no matter what a man believes, if he is sincere in his belief." Is not such a logician a "sincere" fool? *Clergyman's Sore Throat is better cured, AS A GENERAL RULE, in the continuation of ministerial duty.* My ordinary advice is, PREACH EVERY DAY AND SUNDAY TOO, rather than once a week. These fitful efforts are often a main cause of Throat-Ail; just as a man who travels ten miles a foot on Sunday, and on other days none at all, will be wearied every Sunday night; whereas, were he to walk five or six or eight miles every day, rain or shine, he would perform ten or twelve on the Sabbath, without appreciable fatigue. Men of "The Cloth," why don't you think for yourselves? Sometimes I think I am not altogether a drone in creation, because there are excellent men now, in different parts of the country, whom I have never seen, who, having abandoned preaching, applied to me for advice, and on being urged to resume pastoral charges immediately, as a means of cure, have done so, and have steadily recovered, and are now bearing "the burden and heat of the day." So that I am every Sabbath preaching by proxy, to many a listening multitude. It is not politic to say here how many I have killed off, or to inquire if those referred to might not have recovered without doing any thing. They came and were cured as antecedent and sequent, not necessarily as cause and effect.

STATISTICS OF OLD AGE.—The census of 1854 shows us that the oldest person then living in the United States was 140. This person was an Indian woman, residing in North Carolina. In the same State was an Indian aged 125; a negro woman, 111; two black slaves, 110 each; one mulatto male, 120; and several white males and females from 106 to 114. In the parish of Lafayette, La., was a female, black, aged 120. In several of the States there were found persons, white and black, aged from 110 to 115. There were in the United States, in 1850, 2,555 persons over 100 years. This shows that about one person in 9,000 will be likely to live to that age. There are now about 20,000 persons in the United States who were living when the Declaration of Independence was signed in 1776. They must necessarily be nearly 80 years old now, in order to have lived at that time. The French census of 1851, shows only 102 persons over 100 years old; though their total population was near 36,000,000. Old age is therefore attained among us much more frequently than in France.

HOW PEOPLE TAKE COLD.

Not by tumbling into the river and dragging home wet as a drowned rat; not by being pitched into the mud, or spilled out in the snow in sleighing time; not by walking for hours over shoe-top in mud; not by soaking in the rain without an umbrella; not by scrubbing the floor until the un-nameable sticks to you like a wet rag; not by hoeing potatoes until you are in a lather of sweat; not by trying to head a pig in mid-winter, and induce him to run the other way, for he won't do any such thing; not by steaming over the wash-tub; not by essaying to teach Biddy to make mince pies for Christmas, when you don't know how yourself, and then worrying yourself into a perspiration because the pies stuck to the pan, and came out in a muss, forgetting that pie-pans, like people, are rather the better for a little greasing, alias soft soap; these are not the things which give people colds; and yet people are all the time telling us how they "caught their death by exposure." Horace Greeley once said, "O for a leisure week to read books." Horace was green then—some say, he is now—

but I rather guess not; he is great, specially on people "of the color of black," as our three year old once described a born African. Greeley hasn't derived his greatness from books, and now he is older, perhaps he don't sigh for a week of leisure to read books, at least I don't. All the leisure I want is to think and play with the children; Bob and our new little Alice, for example. Books don't feed me, as of yore. Sure I must be getting old or hard to please; books, somehow or other, don't seem to me to meet the wants of the age, they are written too much with a view to make a sensation or money, and consequently nine out of ten fail to do either; the only result being to elucidate their authors into obscurity. Somehow or other, the mind wanders. I have to start on a journey of eight hundred miles to-morrow night and back, and the inexorable printer wants copy, and I must come back to colds; and speaking of the emptiness of books, I was wondering if "in the whole course of my life," I had ever seen defined in clear decisive phrase, in any book, "the place where and the time when" a man takes a cold. Pat, when asked one wintry day, what he would take to climb up the court-house steeple and remain there, said, "I would take a cold, yer honor." Sawney, who stood by, said he would take a dollar. That is about the nearest description I have seen in print as to the locality best adapted for taking a cold, but that was a falsity, not a fact. The seeds of a million deaths of the beautiful, the honored and the good, will be sown this year by indifference to the statement I am going to make in reference to the time and manner of taking colds. I will not now perplex the reader with a disquisition on the physiology of colds, but will simply bring to mind what any reader will recognize as an old but forgotten acquaintance.

The TIME for taking cold, is after your exercise; the PLACE is in your own house, or office, or counting-room.

It is not the act of exercise which gives the cold, but it is the getting cool too quick after exercising. For example, you walk very fast to get to the railroad station, or to the ferry, or to catch an omnibus, or to make time for an appointment; your mind being ahead of you, the body makes an over effort to keep up with it, and when you get to the desired spot, you raise your hat and find yourself in a perspiration; you take a

seat, and feeling quite comfortable as to temperature, you begin to talk with a friend, or if a New Yorker, to read a newspaper, and before you are aware of it, you experience a sensation of chilliness, *and the thing is done*; you look around to see where the cold comes, and find a window open near you, or a door, or that you have taken a seat at the forward part of the car, and it moving against the wind, a strong draft is made through the crevices. Or may be you met a friend at a street corner, who wanted a loan, and was quite complimentary, almost loving; you did not like to be rude in the delivery of the two-lettered monosyllable, and while you were contriving to be truthful, polite, and safe, all at the same time, on comes the chilly feeling from a raw wind at the street corner, or the slosh of mud and water in which, for the first time, you noticed yourself standing.

Young ladies take their colds in grandly dark parlors, unused and unfired for a week; warm enough were they almost too warm in the gay, sun-shiny street without, and that parlor felt comfortably cool at first, but the last curl of the visited would not dangle satisfactorily, and while compelling it (young ladies now a-days making it a point of principle not to be thwarted in any thing, not even in wedding rich Tom to please the old folks, when they love poor Dick, and intend to please themselves), while conquering that beautiful but unruly curl, the visiter makes an unexpected meeting with a chill which calls her to the ——— grave.

I cannot give further space to illustrations to arrest the attention of the careless, but will reiterate the principle for the thoughtful and observant:

GET COOL SLOWLY.

After any kind of exercise, do not stand a moment at a street corner, for any body or any thing; nor at an open door or window. When you have been exercising in any way whatever, winter or summer, go home at once, or to some sheltered place; and however warm the room may seem to be, do not at once pull off your hat and cloak, but wait awhile, for a five minutes or more, and lay aside one at a time; thus acting, a cold is impossible. Notice a moment: when you return from a brisk walk and enter a warm room, raise your

hat, and the forehead will be moist ; let the hat remain a few moments and feel the forehead again, and it will be dry, showing that the room is actually cooler than your body, and that with your out-door clothing on, you have cooled off full soon. Among the severest colds I have known men to take, were the result of sitting down to a meal in a cool room, after a walk ; or being engaged in writing, have let the fire go out, and their first admonition of it was that creeping chilliness which is the ordinary forerunner of a severe cold. Persons have often lost their lives by writing or reading in a room where there was no fire, although the weather outside was rather uncomfortable. Sleeping in rooms long unused, has destroyed the life of many a visitor and friend. Our splendid parlors, and our nice "spare rooms," help to enrich many a doctor. The cold sepulchral parlors of New York, from May until November, bring disease, not only to visitors, but to the visited ; for coming in from domestic occupations, or from the hurry of dressing, the heat of the body is higher than natural, and having no cloak or hat on in going in to meet a visitor, and having in addition but little vitality, in consequence of the very sedentary nature of town life, there is but very little capability of resistance, and a chill and cold is the result.

But *how to cure a cold promptly?* that is a question of life and death to multitudes. There are two methods of universal application : 1st, obtain a bottle of cough mixture, or a lot of cough candy, any kind will do ; in a day or two you will *feel* better, and in high spirits ; you will be charmed with the promptness of the medicine ; make a mule of yourself, by giving your certificate of the valuable remedy, and in due course of time, another certificate will be made for your admission, foot foremost, into "Greenwood."

The other remedy is, consult a respectable resident physician.

THE EARLIEST SIGN OF CONSUMPTION.

A QUICK pulse and a short breath, continuing for weeks together, is the great alarm bell of forming consumption; if these symptoms are attended with a gradual falling off in flesh, in the course of months, there is no rational ground for doubt, although the hack of a cough may never have been heard. Under such circumstances, there ought not to be an hour's delay, in taking competent medical advice.

The vast mass of consumptives die, not far from the ages of twenty-five; and this, in connection with another fact, that consumption is several years in running its course, suggests one of the most important practical conclusions yet announced, to wit:

In the large majority of cases, the seeds of consumption are sown between the ages of sixteen and twenty one years, when the steadily excited pulse and the easily accelerated breathing, may be readily detected by an intelligent and observant parent, and should be regarded as the knell of death, if not arrested, and yet it is easily, and uniformly done, for the Spirometer will demonstrate the early danger, and the educated physician will be at no loss to mark out the remedy.

The quick pulse and short breath go together; rather "*easily put out of breath*," is the more common and appropriate expression. Ordinarily, persons breathe once, while the pulse beats four times; this is an approximative average, a general result. A person in health breathes seventeen times in a minute, and during that time, the pulse numbers sixty eight strokes. A person decidedly consumptive, breathes from twenty to twenty-four times in a minute, the pulse being proportionably rapid. A man whose pulse is among the nineties, with a breathing which

corresponds, lasting for weeks, may with great uniformity be pronounced to have unmistakable consumption. And even here, the permanent arrest of the disease is quite a probable thing, if men could only be induced to act wisely, promptly, and energetically. But unfortunately such is not the case; nine out of ten are led away with the hope that it may be something else, that it is only Bronchitis, and this is confirmed in their own judgment by two facts, they have no pain in the breast, and they triumphantly strike upon it with their whole force, as a demonstration of the soundness of the lungs; and this other feeling, equally fallacious comes to their aid, the prominent trouble is a mere tickling at the bottom of the neck, at the little hollow there. They should remember that no Bronchia are there, it is the windpipe. Bronchitis is situated in the branches of the windpipe, and it begins to divide into branches below that spot. That little hollow place is the telegraphic station, as well for the distant lungs as the Bronchia. The news comes from afar; that is the point of enunciation only. It is the news of mischief in the lungs, that something is there which requires removal, which is working harm and may breed death; and it does breed death. That very tickling at the little hollow, exciting cough for months together, is the forerunner of consumption in perhaps, at a moderate calculation, four times out of five. If a person could be amused at such a serious symptom, the physician would be, at the very indifferent, unconcerned air and tone and gesture with which the patient often announces this symptom, "Doctor, I have Bronchitis, I believe, a trifling little tickling at the bottom of the throat here; I wish you would give me something to take it away. I'm not sick at all, I feel as well as I ever did in my life, all except this kind of itching here." Upon a close cross questioning, a large amount of undiscovered truth will be elicited in almost every instance, of symptoms dated many months and even years before. If then, a patient for himself, or for his child, has any apprehension of the disease, let the family physician be requested to notice the pulse with care and accuracy, at different hours of the day, not within half an hour of active exercise, or within two hours after a regular meal, and if the invariable report be preternatural excitement, there is ground for alarm, in proportion to the intensity of that excitement.

It has been seen how invariably the derangement of pulse and breathing go together, showing that the cause is one, and the locality the same, the Lungs. As the heart is always pumping its blood into the lungs, to present it to the action of the air, in order to render it fit for vital purposes, the faster the pumps work, the faster must the lungs work. But what makes the heart work faster? The blood in it is more impure than natural, that is, more thick, it does not flow with ease, it is sluggish, each motion of the heart does not get rid of its proper quantity, and it must work faster or drown; as the refractory poor in the workhouse, who are unwilling to work, and are placed in a large tank or tub, into which water is pumped, and they have the alternative of pumping with another pump, or drowning. This thickened nature of the blood makes itself felt in the lungs, in the same way as in the heart, with the additional effect of the formation of tubercles, and these taking up more room in the lungs, leave less room for the requisite amount of air, the person must breathe faster and consequently shorter, the result being to aggravate the difficulty. Thus it is that consumption does not get well of itself, like many other diseases, any more than a fire will go out of itself, until it has left the building in ashes, unless for the want of one of two things—a want of burning material or an artificial barrier. But in consumption, there is material, as long as there is a body; and how it is destroyed, until nothing is left but skin and bone, we need no information! The only remedy then, is the artificial barrier.

What is it?

But before replication is made to that inquiry, it is practically useful to go another step more remote in our inquiries in the way of a reminder. What makes the blood thus preternaturally impure in the heart, so as to lay the foundation for such vast destruction? This is answered in preceding pages, beginning at p. 168, vol. 2, where it is shown that the fundamental origin of impure, consumption-originating blood is, imperfect nutrition and the habitual breathings of a still atmosphere in-doors. And let it be painted before the mind's eye in living light, that either of these causes can alone certainly originate consumption, however wholly and completely the other may be absent. That all our care as to our food will not save us from consumption, if we habitually breathe a confined air. Nor will an active out

door life save us from consumption or other fatal disease, if we live upon improper food, or habitually eat more of the best food in the world, than the digestive functions can turn into pure nutrient blood material.

Here then, we are brought square up to the important inquiry, the prevention, the permanent arrest, or lasting cure of consumption. It is found

“IN THE FOOD WE EAT—IN THE AIR WE BREATHE.”

A perfect digestion of wholesome nutritious food, and a habitual breathing of out door air, under circumstances of proper bodily activity, is competent to cure consumption, from its first beginnings to its last stages, that is, the stage of actual decay of the lungs.

But as very few, in the latter stages, possess the energy requisite to secure the amount of out-door activity, necessary to the proper digestion of substantial food, we must go back to a point where we can secure the intelligence of the parent, acting authoritatively over the child. There must be Light and Force. There is power in concentration. And it is of interest to inquire, to which of the two causes of blood impurity, is the origin of consumption most attributable? Then, by directing most of our energies to that one principal cause, we may act more efficiently. A stream of water puts out a fire, if played on one spot, but may be wholly unavailing, if thrown over the whole building.

The consummating act of Creative Power was to make man. The consummating act of Infinite Beneficence, is his preservation. We evidently were made to people the globe; wherever we live, we must subsist. Thus we find that the stomach makes out of all things, one thing, a fluid mass, which does not materially vary in color, consistency or nature, whatever we may eat. So that in a modified sense, we can, in health, derive nutriment from almost any thing we can swallow, from the lion to the worm; from the eagle to the insect; from the tree bud to its root, whether leaf or fruit, or bark or wood. Hence then, we come to an important practical fact: In consumption a man may eat almost any thing, if judicious as to quantity. Thus it is, that uniformly, we have, in our own practice, *as a general rule*, given the broad direction: **EAT WHAT YOU**

LIKE, and which is not followed by any uncomfortable feeling within an hour or two afterwards.

It is a truth which should be kept sight of in all human maladies, that great Nature is our safest and wisest Teacher, and with an almost unerring instinct creates in us a desire for that kind of food which contains in it those elements which the body most needs at the time. An instructive illustration, occurring within a few years, may not be out of place at this point, as serving to impress an important truth on the mind :

A girl fell down a flight of stairs, receiving an injury from which it was thought she would not recover. But with the exception of hearing and sight, she did recover. For some weeks her appetite called for nothing but raisins and candy, then for several months nothing but apples were eaten. At a later period, she commenced eating maple buds, since which time she has nearly regained her former health, and at the end of three years, her sight and hearing were restored.

We knew a child, twelve months old, abandoned to die by several of the most skilful physicians of New York, from teething and attendant summer complaint. As a last resort, it was sent to the sea shore in a two hours journey; on arriving there in a cold raw afternoon of August, the only attainable thing that seemed at all suitable, was a bowl of boiled milk, which she took ravenously, and would take nothing else for a week, improving from the first hour, and at end of a year is among the heartiest and most rugged of children. And to make the prescription more impressive, having nature still on our side we say to those under our care :

Let no man's appetite be a guide for your stomach; but only eat what you crave, even if it be a piece of pound cake or sole leather; eat it in great moderation first, so as to be on the safe side, and gradually increase the quantity. On the other hand, never swallow an atom which you do not crave, for nothing nor nobody. A pig would not so violate nature. It should strike us as one of the most reasonable of inferences, that the stomach would most easily digest that which it most eagerly craved. There are morbid and unnatural cravings, but these are exceptions. We are speaking as to general rules, here and elsewhere in this volume, and it will help the reader to a more truthful appreciation of the principles advocated in these pages, if this distinction is kept clearly in view.

If then in the two great points of digestion and out door activities, the former may be, to a considerable extent lost sight of, as being, under a wise arrangement of providence, able to take care of itself, we naturally throw our whole attention to the other and only one great remedial means in consumptive disease, which is—

OUT DOOR ACTIVITIES.

Any train of argument may look beautifully conclusive until a missing or unbelonging link is discovered; the removal of the latter or the replacement of the former, makes sad havoc sometimes, of splendid theories. But when facts coincide with theories in the management of consumption, there is a triumph for science well worthy of being recorded. And we are led to the inquiry:

DO OUT DOOR ACTIVITIES CURE CONSUMPTION?

If in answering this important question, we gave cases coming under our own management, they might be questioned as to their authenticity, by reason of our personal interest in the same. So we will first give a history or two from undoubted medical authority.

EDENTOWN, N. C., *February, 1830.*

Dr. PHYSIC, *Philadelphia*—DEAR SIR:

In the month of April, 1812, after having been extremely reduced by an attack of bilious fever, I was seized with a cough, which continued, with great obstinacy and severity, until the month of November, when decided symptoms of Phthisis (consumption) began to make their appearance. I had every evening an exacerbation (recurrence) of fever, preceded by chilliness, and succeeded by copious perspiration. My cough began to be less painful, but was attended with an expectoration of mucus, mixed with pus, (yellow matter.) Before this complaint came on me, I had accepted a surgeon's commission in the army, and was stationed at Tarborough, about seventy-five miles from this place. In the month of December the part of the regiment which had been recruited, then having been ordered to Salisbury, it became my duty to repair to that place.

"Accordingly, about the middle of the month, in the situation I have described, I set out on my journey.

"In two days I reached Raleigh, without having experienced

any material change in the symptoms of my complaint. During my stay in Raleigh, the disease increased every day, so that I was obliged to remain there nearly a week, at the expiration of which time I had almost determined to retrace my steps, return home, and take my station among the forlorn and despairing victims of this unrelenting malady.

"But reflecting deeply on my situation, and recollecting that scarce a patient in a thousand had been known to recover from the disease after having been confined to bed by it, I was resolved to resume my journey, and to reach the place of destination or perish on the road. It will be impossible for me ever to forget the effort I had to make in pursuing this resolution. On a cold and blustering morning about the 20th of December, weak and emaciated, having been literally drenched in perspiration the night before, I ascended my gig and proceeded on my journey. The first part of my ride, this day, was excessively irksome and fatiguing. Every hovel and hamlet on the road seemed to invite me to rest, and to dissuade me from the prosecution of my undertaking. Often and anxiously did I wish that my disease had been of such a nature as to allow me to indulge in the inclination I felt, to desist from motion. But I continued my ride for three hours, when I found it necessary to stop for a little refreshment. While dinner was preparing, I lay down on a bed to rest. It was, perhaps, an imprudent act. Never was a bed so sweet to the wayworn and exhausted traveller, as was this to me. I lay on it for an hour, wrapped, as it were, in elysium. When summoned to dinner, though sleep was fast stealing on me, and inviting me to be still, I arose and attended, and after having made a very moderate meal of very common country food, I resumed my ride, and at night, about half past six o'clock, arrived at Hillsborough, which is distant about 36 miles from Raleigh. The inn to which I had been recommended was unusually crowded, and I had to accept of a room that was out of repair, the window-sashes rattling in their casements, and the wind passing through the sashes in several places. In such a chamber, at such a season, and in the situation already described, was I quartered for the night. To my surprise, however, I had a better night's rest than I had had for several weeks, and less perspiration, and coughed less than I had for a month before.

"In the morning, considerably refreshed, I proceeded on my journey, and travelled in a foggy misty atmosphere full 40 miles; the next day about 35, and on the 4th day about 12 o'clock, I arrived at Salisbury. On my arrival, I heard it mentioned as a matter of astonishment, that a man in my situation should think of travelling in the cold and inclement season of winter; much more astonishing that I should venture to approach the mountains at such a period. But I had taken my resolution, and was determined never to relinquish it while I had power to walk or ride. The regiment to which I was attached, was encamped about four miles from the town of Salisbury. To this place I tasked myself to ride twice every day, a duty I regularly performed in the coldest weather until I left the service.

"Early in January the officer in command received orders to repair with his regiment to Canada. While preparations were making for that purpose, believing that such a climate would be too severe for me, and that I must of course soon cease to be useful to the Government, I addressed a letter to the Secretary of War, soliciting permission to retire from the army. This request was promptly and kindly granted to me. In February, 1813, I commenced the practice of my profession again in this place, and continued to attend to the most laborious duties of it at all times of the day and night, in rain, hail, snow, storms, and sunshine, whenever I was called on, for eighteen months.

"At the end of that time, I had lost my hectic fever, night-sweats, purulent expectoration, and my cough had nearly left me; my chest had recovered its capacity of free and easy expansion, and the ulcers in my lungs had entirely healed. Many who read the foregoing statement, will no doubt be curious to know what medical means were used as auxiliaries in the cure of this very alarming state of disease. It would not be in my power to satisfy curiosity on this point were it a matter of any importance, which I conceive is not the case, *the complaint having been cured by hardy, invigorating exercise, continued without interruption in every variety of temperature and weather.*

"That palliatives of different kinds were resorted to at various periods, must at once be supposed, but I do not consider it a matter of consequence to name them, as they were such as would readily suggest themselves to physicians of every grade of skill

or intellect, and never produced more than a temporary alleviation of symptoms. Perhaps it may be material to state, I never used opium in any form whatever, and that I never incautiously wasted the resources of my constitution by depletory, or debilitating means. When symptoms of high arterial excitement occurred, which would sometimes be the case, it was my practice to abstain from strong, high-seasoned food, from all fermented and spirituous liquors, and from active exercise until they subsided. By this negative mode of management I generally succeeded in removing inflammation without materially impairing the energies of my system; and on the increase of the purulent discharge, subsequent to such inflammatory appearances, I betook myself again to my exercise, and ate and drank everything I wanted. I always found that the inconvenience produced by a full meal, yielded very soon to horse exercise, and that I generally coughed less while riding than at any other time. The hectic paroxysm was generally interrupted, and sometimes cut short by a hard ride, and often, very often, during the existence of my disease, have I checked the exhausting flood of perspiration, and renewed my strength and spirits, by turning out of bed at midnight and riding a dozen miles or more; many a time, too, have I left my bed in the early part of the night, wayworn with coughing, restlessness and sweating, for the purpose of visiting a patient, and after having rode an hour or two, returned home and slept quietly and refreshingly for the remainder of the night.

“Another thing which I remarked in the course of my experience in the disease was, that some of the most profitable rides I ever took were made in the coldest and most inclement weather, (air dense and plenty of oxygen for assimilation,) and that scarcely in any situation did I return from a long and toilsome ride, without receiving a sensible amendment in all my pulmonary complaints. In short, sir, were I asked to state in a few words the remedy which rescued me, I should say it was a life of hardy exercise and of unremitting toil, activity, and exposure. With pectoral medicines, or those articles or compositions denominated expectorants, I seldom meddled in my own case; without opium, which from a constitutional peculiarity, I have not been able to take for many years, I found them too debilitating; and with it, had I been able to use the

article, I should not have been disposed to take them, lest their effect in disposing to rest and inactivity might have operated against the course I had prescribed for myself, and from which I expected relief.

"It remains for me to mention another agent which I think excited a very curative influence upon my disease, and that is singing. In first using this remedy it was my custom to sing in a low tone, and not long at a time, so as not to occasion much pulmonary effort. But by degrees I became able to sing in the most elevated tones, and for hours together, allowing myself only such intervals of rest as the lungs required to obviate injurious fatigue. So long and so frequently did I repeat this act in the course of my disease, that the exercise of singing became so strongly associated, that as soon as I mounted my horse or ascended my chaise, I found myself humming a tune, and often in my lonely rides through the country, at late and unseasonable hours of the night, have I made the woods vocal with the most exhilarating music. Singing seemed always to have the effect of clearing the bronchial passages, of opening the chest, and of giving a greater capacity of motion and expansion to the lungs. [The Doctor was killed by accident, in 1850.] "Yours, etc., JAMES NORCOM."

Dr. Norcom mentions a case as having occurred in 1810, which in 1830, twenty years later, was wholly free from any disease of the lungs. All this patient did, was to ride ten miles a day, gradually increasing to twenty miles a day, and by a continuance of exercise, was eventually restored to perfect health. All the medicine this man took was tincture of digitalis; but as it is now generally acceded that this remedy is worthless in consumption, the cure must be attributed to the exercise, just as the following case as given by Dr. Stokes, whom we have personally known at his own home in Dublin; and whom we found to be, as is universally accorded by the profession, among the very foremost of living medical minds. The case was first reported in one of the British medical periodicals in 1854, and republished here in April of the succeeding year.

"Some years ago I saw a gentleman who came to town laboring under all the symptoms of well-marked phthisis. The disease had been of several months' standing, and the patient was

a perfect picture of consumption. He had a rapid pulse, hectic, sweating, purulent expectoration, and the usual *physical signs* of tubercular deposit, and of a cavity under the right clavicle. I may also state, that the history of the disease was in accordance, in all particulars, with this opinion. I saw this patient in consultation with a gentleman of the highest station in the profession, and we both agreed there was nothing to be done. This opinion was communicated to the patient's friends, and he was advised to return to the country. In about eighteen months afterwards, a tall and healthy-looking man, weighing at least twelve stone, entered my study with a very comical expression of countenance: "You don't know me, Doctor," he said. I apologised, pleading an inaptitude that belongs to me for recollecting faces. "I am," he said, "the person whom you and Dr. — sent home to die last year. I am quite well, and I thought I would come and show myself to you." I examined him with great interest, and found every sign of disease had disappeared, except that there was a slight flattening under the clavicle.

"‘Tell me,’ said I, ‘what have you been doing?’ ‘Oh!’ he replied, ‘I found out from the mistress what your opinion was, and I thought as I was to die I might as well enjoy myself while I lasted, and so I just went back to my old ways.’ ‘What was your old system of living?’ said I. ‘Nothing particular,’ he said, ‘I just took what was going.’ ‘Did you take wine?’ ‘Not a drop,’ he replied, ‘but I had my glass of punch as usual.’ ‘Did you ever take more than one tumbler?’ ‘Indeed I often did.’ ‘How many: three or four?’ ‘Ay, and more than that: I seldom went to bed under seven!’ ‘What was your exercise?’ ‘Shooting,’ he said, ‘every day that I could get out.’ ‘And what kind of shooting?’ ‘Oh! I would not give a farthing for any kind of shooting but the one.’ ‘What is that?’ ‘Duck shooting.’ ‘But you must have often wetted your feet.’ ‘I was not very particular about the feet,’ says he, ‘for I had to stand up to my hips in the Shannon for four or five hours of a winter’s day following the birds.’ So, gentlemen, this patient spent his day standing in the river, and went to bed after drinking seven tumblers of punch every night; and if ever a man had recovered from phthisis he had done so when I saw him on that occasion. Suppose now that he had been confined to an equal temperature

and a regulated diet, and had been treated in all respects *secundum artem*, what would have been the result? Any of you can answer the question. In point of fact, this very treatment had been adopted during the first three months of his illness, and his recovery may be fairly attributed to the tonic and undepressing treatment which he adopted for himself, and which his system so much required, to enable him to throw off the disease."

In this case of Dr. Stokes, it should be remembered first, that he is one of the best judges of consumption in the British nation, and that he considered it hopeless of cure. We must also in this, as well as in the case given by Dr. Norcom, attribute the cure to the exercise in the open air, and not to potations of punch. We have had, in our own practice, a variety of cases similar to the above, and complete and permanent recovery took place without resort to digitalis, or whiskey, nor to an atom of nauseants or alcoholic preparations of any sort. It can not fail to strike the reader with peculiar power, that when under a certain variety of treatment a person recovers from a particular disease, but that in that treatment one element is always present largely under all circumstances, while as to the other elements there is great diversity as to combination, as well as to their very nature, we are obliged to conclude that restoration depends on the one large ever present element, and that the other elements, various in nature, quantity, and combination, are without any material efficiency.


A. P., a lawyer poet of some renown, a native of New England, a sixth child. His parents had died of consumption, all his brothers and sisters as they approached the age of twenty-one, paled away and died of the same disease. No one of his neighbors looked for any different result as to him, and beginning to grow feeble in his twentieth year, and being the last of his family, with dear associations around the home of his childhood, he, in utter recklessness, penetrated the forests of Arkansas, lived a hunter's life, camped out for weeks and months together, and now, at the end of twenty years, and in perfect health, weighs over, at our last report, a hundred and seventy-five pounds.

NOTICES.—*The Presbyterian Historical Almanac and Annua! Remembrancer of the Church for 1861*, volume 3, 8vo, 328 pages, by Joseph M. Wilson, 111 South-Tenth street, Philadelphia, is sent post-paid for \$1.12. It contains an alphabetical list of all the ministers of the whole Presbyterian family, with post-office address, and a vast amount of most valuable historical and statistical matter, exceedingly convenient and valuable, not only for clergymen, but for educated Presbyterian families. As many clergymen can not spare the dollar conveniently, we will send it post-paid to any minister who will forward us three new subscriptions to HALL'S JOURNAL OF HEALTH, of one dollar each.

The Chemist and Druggist, a monthly trade circular, 24 Bow Lane, Cannon street, West, London. Five shillings per annum, post free. Every druggist in the Union would find it to his interest to take this publication.

MILK.—Prof. Reese, of Union Square, who is one of the best medical scholars in the United States, says, in a late issue, of the *Rockland County and New-Jersey Milk Association*, 146 East-Tenth street, near Broadway, New-York: "We have taken great interest in this movement, recommended and used the milk thus furnished, and many of our patients' children are thriving under that furnished by a single cow, and which is sold separately. If the Company continue to perform what they promise, their patronage may be indefinitely extended, and they will be public benefactors." We add our testimony to the same effect.

LUTHER TUCKER AND SON, Albany, N. Y., have issued No. 7 of their *Illustrated Annual Register and Almanac of Rural Affairs for 1861*, for 25 cents, full of practical information for farmers, gardeners, horticulturists, vine-dressers, fruiters and poultry-raisers, and those laying out lawns, grounds and farms.

SINGLE numbers of HALL'S JOURNAL OF HEALTH may be had in Philadelphia of William P. Mowry, Esq., Post-Office entrance. Odd numbers for 1860, which subscribers did not receive through the post-office, will be supplied without charge.  Our book on "SLEEP," with the JOURNAL OF HEALTH and the FIRESIDE MONTHLY for 1861, will be furnished for three dollars, or two dollars in addition to any present subscriber to the JOURNAL OF HEALTH. The reception of this JOURNAL or the FIRESIDE MONTHLY, after being ordered with the money, is evidence that the subscription was received.

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SLEEP.

SLEEP. By W. W. HALL, M.D. New-York: Published by the Author.

The publications of Dr. Hall are known throughout the country, no less than in the Canadas and England. He is editor of HALL'S JOURNAL OF HEALTH, a monthly that is extensively transferred into the columns of newspapers and periodicals of the day. He is a physician in large practice; is a man of wide observation and experience; is intelligent and conscientious, and is exerting a great influence on the public mind in this country, in relation to the improvement of the public health. His teachings are practical, and are conveyed in a language that can be understood by all. It is our deliberate conviction that he is doing more work in reforming the unhealthy habits and practices of the people than any other man in the country.

His present work is a fit companion to those which have preceded it. It is chiefly devoted to the importance and necessity of sleeping in thoroughly pure air. In the language of the author, the "aim and end of the book is to show that as a means of high health, good blood, and a strong mind to old and young, sick or well, each one should have a single bed in a large, clean, light room, so as to pass all the hours of sleep in a pure fresh air, and that those who fail in this, will in the end fail in health and strength of limb and brain, and will die while yet their days are not all told." In pursuance of this position, Dr. Hall proceeds to enlarge upon the great subject of Sleep, and shows beyond refutation that our sleeping-rooms are extremely imperfect in respect to ventilation and other essentials as to size, etc. It is properly argued that the apartment in which we spend on an average one third of our existence, should be one in which pure air is freely admitted.

The adoption of Dr. Hall's teachings—and that they should be adopted we feel convinced—would bring about many changes in domestic life. The doctrine of single beds is philosophical, sanitary, common-senseful. We are glad that a man whose words are authority, has taken this subject in hand; and still more so that it has been treated in so thorough a manner. We cordially commend the work, which should go into every household in the land.—*Boston Atlas and Bee of Dec. 28th.*

"ALLOW me to express my gratification at having read it. You advocate very important reforms, and which the people will be compelled to consider sooner or later; the sooner the better. Of all the books you have written, none, as it seems to me, will do so much good in the end. I congratulate you sincerely on your success."

P. C.

The above book, with HALL'S JOURNAL OF HEALTH, and also the FIRESIDE MONTHLY for 1861, will be furnished for Three Dollars.

"SLEEP." By Dr. W. W. HALL. New-York. 314 pp.

"Dr. Hall is the popular editor of HALL'S JOURNAL OF HEALTH, a magazine which deservedly occupies a prominent position, as a conservator of health and morals. He is author of several works, which, eminently popular in character, and thus appreciated by the masses, are destined to accomplish a large amount of good, in directing our much abused humanity in the ways of health and life. He is one of the few who receive their just reward in their own day, although it falls to their lot to oppose popular vices and follies. Dr. Hall evidently believes that the race is degenerating, and that all which hygienic reformers and teachers can do, will scarcely avert the impending calamities certain to result from violated law, yet he ceases not to give 'line upon line,' in order that people may not at least sin blindly.

"**'SLEEP'** is not a sufficiently comprehensive title for the work under notice, because that subject forms but a portion of the matter of the book, which is written in the vigorous, common-sense style characterizing all of Dr. Hall's productions. In his preface the author states that the end and aim of his book is 'to show that as a means of high health, good blood, and a strong mind to old and young, sick or well, each one should have a single bed in a large, clean, light room, so as to pass all the hours of sleep in a pure, fresh air, and that those who fail in this will in the end fail in health and strength of limb and brain, and will die while yet their days are not all told.'

"Ample quotations, from various sources, are made to sustain this true but strong position, and although the work lacks the methodic arrangement, which is naturally looked for, and which would really increase its value to the professional reader, yet it deserves a place in every family. Its teachings upon the several subjects of the volume are sound and reliable, and if heeded would save thousands of lives which are now sacrificed, through ignorance of, or inattention to, the laws which govern our physical being.

"There are very few points in the book to which we would make any exception whatever, and these are delicate ones, which need the powerful probing and earnest remediable applications which Dr. Hall so well understands how to apply. The secret vices and follies of youth need more heroic treatment than is here given them, and should not be regarded as 'natural' in the least degree, nor to be overcome by the holy office of *marriage*. Let not our youth suppose that *such* a remedy will have any virtue, nor be encouraged to form an alliance, the product of which would necessarily be a curse to themselves and the world."—"*Our World*," for Feb. 1861.

JOURNAL OF HEALTH for March, 1861. Throat-Ail. Remarkable Case of a Permanent Cure of undisputed Consumption without Medicine, by a Surgeon in the United States Army. The earliest Signs of Consumption. How People take Cold. Cold Feet.

THE FIRESIDE MONTHLY for 1861. The Bible. Health, Wealth and Religion. Do we ever forget? Aims of Life. Death not always Painful. Sensations in Drowning.

GODEY'S LADY'S BOOK for March is one of the most instructive and most richly illustrated numbers yet issued. The KNICKERBOCKER MAGAZINE, New-York, \$3 a year, is, under its new proprietorship, edited with an ability which fully meets the wants of the times. "Revelations of Wall-Street" is elegantly and powerfully written, and is of absorbing interest. We hope this old and favorite monthly will meet the patronage it merits. This number of the JOURNAL OF HEALTH is a larger edition by one fourth than has ever yet been issued, thanks to a discerning public! The April issue will contain practical articles on Diphtheria, Croup, etc.

“SLEEP.”

By DR. W. W. HALL, 42 Irving Place, New-York. 388 pp., 12mo. \$1.25.

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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

APRIL, 1861.

[No. 4.

CENTRAL PARK.

THE Central Park of New-York City contains within the boundaries of Fifty-ninth and One hundred and tenth streets and Fifth and Eighth avenues, eight hundred and forty-four (844) acres. The land cost five million seven hundred thousand dollars. Two million six hundred thousand dollars have been expended on its construction to January first, eighteen hundred and sixty-one. The contemplated additional expenditure is two millions of dollars. It will cost the interest of one hundred and fifty thousand dollars to keep it in order. The entire cost of the Central Park will, therefore, be very near ten and a half millions of dollars, or about twelve thousand five hundred dollars an acre. It was planned by Olmstead and Vaux, the former, Frederic Law Olmstead, being Superintendent.

RECAPITULATION.

Total contents,	Acres 844
Gross cost of land,	\$5,700,000
Expended in construction to Jan. 1st, 1861,	2,600,000
Additional expenditures contemplated,	2,000,000
Annual cost of maintenance, interest on,	150,000

Total cost, \$10,450,000

The Central Park is two and a half miles long and half a mile wide. From the Battery to the nearest entrance is four miles and three quarters, Miles $4\frac{3}{4}$

The lake at summer level is 7 feet deep and contains Acres 20
“ winter level is 4 “ for skating, 18

The old Reservoir covers, acres,	36
The new " " "	106
Average number of hands on Park for 1860, per day,	3000
Largest number on any one day,	3666

The Central Park in winter is used for driving, sleighing, and skating; no more enlivening sight can be presented, than that of thousands of men and women, boys and girls, in variegated dress and costume, sporting themselves in every direction, while hundreds of carriages are passing and repassing, or are stationary on the banks of the lake, their occupants looking on with interest and delight, in proportion to the nearness of their connection with the skaters.

In summer, the Park is not less inviting to riders on horseback or in carriages, to promenaders and pedestrians of every grade. It will be the resort of the lover; of nurses with children; of friend with friend. The old, the invalid, and the sad will go there to get a breath of pure air, to see the grass, the green leaves, and the flowers, and in melancholy musings to think of days departed; while the young and healthy and happy-hearted will find their feelings in unison with all that is there to exhilarate and to gladden.

It is to be hoped that row-boats will be placed on the lake, at a moderate charge by the hour, to give an agreeable and healthful exercise to all who need it, especially to the young, as a means of developing the chest and bringing out their muscular activity.

There will be a five-mile foot-path for the lounge, the lover, and the contemplative; a nineteen-mile carriage-drive over an easy graded and beautifully smooth turnpike, and a separate bridle-road of twenty miles, now up, now down, straight on, then winding around some projecting rock or miniature mountain, thus giving all invaluable opportunities for perfecting themselves in the most exhilarating and health-giving of the graces, riding on horseback.

Arrangements are made by which persons may reach the Park in the city cars for five cents, and when there, saddle-horses can be had by the hour, thus giving to citizens at a moderate cost, the opportunity of daily horseback-riding, without the expense of keeping a horse, or the discomfort of having to

ride for miles over rough and dusty and crowded streets before the enjoyment of the country commences.

It would be an admirable arrangement, if the school children of the city could be turned out on the Park, every afternoon, to spend an hour or two in their plays and pastimes. They leave school at three in the afternoon; by four o'clock they are through with their dinners, and on an average, could reach the Park at four and a half, to remain an hour and a half or two hours. The healthful influences of such an arrangement would be incalculable. But from these chances of invigorating the constitution and laying up a stock of health for years to come, they are remorselessly cut off, by the customs of all schools, public and private, of giving such lessons to be mastered from 3 P.M. until 9 next morning, as require the full interval; and yet with inconceivable stupidity, parents and editors contemplate this enormity with perfect indifference, or (and more likely) are too much engaged in making money or discussing politics to give the subject of the health of their children any efficient consideration.

PARKS OF NEW-YORK CITY.

NAME.	Value in 1856.	Acres.	Roads.	Poles.	Feet.
Battery,.....	\$3,000,000	10	2	22	239
Bowling Green,.....	135,000	..	2	9	253
City Hall Park,.....	3,000,000	10	3	14	..
Duane,.....	15,000	21	66
Five Points,.....	15,000	24	193
Hudson Square,.....	Private.	4	..	24	68
Washington Square,.....	816,000	9	2	39	246
Tompkins Square,.....	337,000	10	2	1	112
Abingdon Square,.....	12,000	33	36
Union Square,.....	504,000	3	1	34	253
Stuyvesant Square,.....	196,000	3	3	28	217
Gramercy Park,.....	Private.	1	2	30	92
Madison Square,.....	520,000	6	3	19	47
Bloomingdale Square,.....		18	..	9	36
Hamilton Square,.....	97,000	15
Observatory Place,.....		25	3	2	160
Manhattan Square,.....	88,000	19	..	8	182
Mount Morris,.....	40,000	20	..	27	114
Central Park,.....	\$8,775,000	161			
	5,700,000	844			
Total,.....	\$14,475,000	1005			

PARKS OF THE WORLD.

London :	Acres.
Green Park,	56
St. James',	87
Kensington,	227
Little Park,	300
Regent's,	372
Hyde Park,	380
Richmond Park,	2250
Windsor Park,	3500
<hr/>	
Total Parks in London,	6172
Magdeburg Park and Garden,	128
Liverpool, Birkenhead,	180
Berlin, Thiergarten,	200
Munich, Englischer Park and Garden,	500
Baltimore, Maryland,	539
Vienna, Prater,	1500
Dublin, Phoenix,	2000
Paris :	
Bois de Boulogne,	2158
Versailles Garden,	3000

WONDERFULLY MADE.—The microscope discovers to us that the mold on bread and other provisions in damp, warm weather is a dense forest in miniature, and has its regular trees and trunks and branches, with their buds and leaves and flowers and fruit. It proves that the butterfly is covered with feathers so beautiful and gorgeous in their tints, that no painter can ever hope to equal them; each hair is seen to be a hollow tube, and the softly-feeling skin is overlaid with scales like those of a fish; so tiny are they, that a single grain of sand will cover dozens of them, and each scale in turn covers hundreds of pores, to protect their mouths from being plugged up by dust and dirt, and to shield them from disorganization by overheat, or destructive chilliness by sudden blasts from the fierce cold of winter. The thinnest gauze of our stores, when thrown over the face, exposed to a keen and bitter wind, affords a degree of relief scarcely credible from so frail a material; but a

scale of the skin is of the nature of horn, and alike impervious to dust, and wind, and water; and yet being firmly attached to the body at one edge only, the perspiration oozing out from under it, raises the free edge, and thus escapes from the body, loaded with its impurities and its wastes, to the average extent of two or three pounds a day. Laborers who do the blowing in glass-works lose by weight very near four pounds in a single hour! the perspiration streaming through twenty-five hundred pores to each square inch of the human body, or seven millions of pores in all, which, if joined together, would make a canal of twenty-eight miles in length. (See our book on SLEEP.) If a fish is deprived of its scales, it will be chilled to death; and reasoning analogically, and knowing too, that human skin-scales are dissolved by the alkali of the soap, a man may wash himself too much in soap and water, may actually wash away the scales of his body, leaving the pores so unprotected against heat and cold and obstructions, that death will inevitably ensue: indeed, physiological research proves, that if a third of the skin is removed from the body by scalding or otherwise, a fatal termination is unavoidable. Observant persons know how soon the skin becomes pale, shriveled, and tender, even on the harder hands, if kept a great deal in common cold water. These are suggestive considerations for those who have been led by plausible ignorance to believe that continual water sloshings are indispensable to health and longevity.

NATIONAL HEALTH would be promoted and the pulse of the country would fall rapidly towards its normal action by taking five hundred of the leading political demagogues, and an equal quantity of reckless, unprincipled, and time-serving editors; then put one of each in a sack capable of holding four, sling them across mules, trot them off to Cincinnati, fill their pockets with corn, empty them out, tied hand and foot into a pork-lot, and let the pigs root them into the Ohio river, and there let them "macerate" and wriggle, until all the iniquity is soaked and washed out of them. If the amount of foul *débris* is likely to swell the river above its banks, make a crevasse in the direction of Salt river, and let it debouch thence into the "bottomless pit" of the Mammoth Cave.

SCHOOL CHILDREN'S SORROWS,

PARTICULARLY those who go to public school. Of all the stupid creatures who walk this earth, they excel, who having the means to send their children to private school, and to control their times of study, do yet allow them in these debilitating spring months, to spend from six to eight hours in the putrefying air of an apartment, where a dozen and upwards are breathing each other's breaths over and over again, and then allow them to come home with a load of books, a foot or two high, to be pored over for a greater part of the time until next morning. But there is one good thing connected with such a management, three out of four of such children will die before they will have a chance of perpetuating their enfeebled brains and bodies, to be a curse to themselves, or a charge upon the charities of society.

We plead here for the little ones of that large class of more useful citizens who, working for a living, can not afford to pay two hundred dollars a year for each child sent to the private schools of this city, and who feel glad of the privilege of being able to send them, without cost for books or tuition, to our public schools, and which are as far superior, in New-York City, to the private schools, for all that is systematic, prompt, accurate, and thorough, as one can well imagine. We have had personal means of observation as to the patience, the fidelity, and conscientiousness of the teachers of New-York, especially of those connected with the Twelfth and Twentieth street schools for girls. At the same time, we do occasionally feel, perhaps when in an indigo condition, or when some east wind is blowing, or the upper house is in a state of insubordination, from sewing and patching and darning until past eleven the night before, that it admits of debate whether or not it would not be better to razee every public-school building to its foundation, provide all the young ladies who are teachers with good, thrifty, handsome husbands, and turn the children out to grass, literally, because an ignorant healthy young woman is worth more to the government and worth more to her husband when she gets one, than a cart-load of educated skeletons, or bags of bones, so thin and skinny, and tottering and frail, that

literally a breath of air puts them off their feet, and sends them to bed. Young man, be advised while we think of it, if you want to be happy in married life; if you want to experience to its full, the lusciousness of the wedded state, the snow-white table-spread, the cheerful hearth, the cozy fireside and the blest reünion of wife, children, and friends, three times a day around a well-spread board, take for a wife a healthy girl, who had a good mother, but could not write her name or read a line, nor had a dime for dower, in preference to a young woman who has graduated in music, in dancing, in grammar, philosophy, and French, an heiress though she be, and of a position enviable enough, but after all has no physical health; come to think of it, we will just mention parenthetically, even if she have as good health as the other, choose the poor girl, for the simple financial reason, that by the time you have raised a family of children, the rich girl will have spent upon herself and on her children, and on her style of living, and have allowed to go to waste, by not stooping to attend to the vulgar employment of seeing to her domestic affairs, her pantries, her bins, and her tea-chest, more than she ever brought from her father; while the poor girl, of a good mother, will have saved as much, with a wealth of domestic enjoyment thrown in. These are beyond question, general truths; but it is not likely that one young man in a hundred will properly appreciate them. It is our private opinion, that an "educated" wife, like an educated negro, is in proportion unfitted for being happy in her place, unless the grace of God is predominant. This is a sentiment of infinite practical moment. The more educated a woman is, the more unlikely is she to make a good wife, unless true religion pervades her whole character. There are exceptions perhaps. This is not so far off the subject of public schools, as the reader may at first imagine; for it corroborates the general idea, that it is better to forego education than to sacrifice the bodily health.

The Hub of the Universe ordered some months ago, that no scholar in the public schools should have any lessons to learn out of school-hours. The New-York School Commissioners, made up in part of grocery-keepers, liquor-dealers, and ignoramuses, thought to improve on this idea, and ordered that there should be no lessons out of school-hours beyond what

could be learned in an hour. The moment we laid our eyes on the ordinance, we saw it was an abortion; and yet the editorial fraternity bounded off in a universal jubilation. Who was to be the judge of what a child can learn in an hour? The capacities of children vary in a most extraordinary manner. The teacher is apt to estimate from what the best scholars can do, and inclines to the idea, that all could do as well as those at the head of the class, if they were not idle. But to a fact: we know a family which sends two daughters to a public school, within half a mile of Union Square; they leave home at half-past eight, and return at half-past three, a duration of seven hours. By four o'clock, they have eaten their dinners, and instead of going out to play, they have lessons which can not be mastered thoroughly by sitting up until nine o'clock, and waking by six next morning. The lessons given on Friday afternoon are such, "because you have a good long holiday," that they have had to give up the Sunday-school, and study a large portion of Sunday, in order to make a proper preparation for Monday morning. Of course there is no time for music-lessons, and, what some parents consider a great privation, for dancing-school. It is certainly known that no child can become moderately well versed in piano music, unless put to it before ten years old. The consequence is, that the public-school children must either neglect their school-lessons or grow up ignorant of music, deprived of all the advantages of a well-conducted Sunday-school, and are taught practically the constant perversion of the proper uses of the Sabbath-day. This view of the case is not a whit short of horrible, and we vouch for the literal truth of every syllable here penned. But who cares for the children of poor people? what business have they to be thumping on the piano, or jumping Jim Crow and "polking" about to the sound of the fiddle? But why are children thus pushed from seven years of age to seventeen? It is a good berth for a young lady to have a salary of from three to eight hundred dollars a year. She retains it by the showing she is able to make in bringing the children forward. The more a child can learn in the shortest time, the more capable is the teacher considered to be; this, that teacher knows, and without intending to murder the children, but to bring them on rapidly, she overlooks the actual facts of the case, the brightness of the

pile of five hundred dollars for ten months' work, throwing every thing else in the shade, reason, humanity, and life itself. From three to four different lessons are given out to the public-school children every afternoon, and if a single question is missed, it is considered a "failure," and a failure is a disgrace to be punished by being kept in a half or a whole hour after a murderous endurance of the preceding six. But nothing better could be expected from a company of grog-sellers, shoulder-hitters, and bar-room loafers and politicians, such being the character of too many of the men who have a vote in the management of the public schools of this city. In one of the wards at the last November election, a gentleman of high social position, of travel, and superior culture, a patron of education, did not receive three hundred votes out of fifteen hundred for a school office, an honorable "furriner" winning the race by all odds. While this is going on, the editors of this city, "civil and religious," have not a word for the abatement of nuisances so fearful, but are head and ears in political or sectarian controversies, stirring up the people to greater political differences and to greater sectarian animosities. This is "the progress" of the nineteenth century. On the other hand, parents are so immersed in money-getting, that they give no heed to these things. Death alone, brings them to their consciousness. "I see it now," said a retired merchant to us, not long ago as he gazed on the emaciated form of his dead daughter, just graduated at eighteen, his only child! alluding to her acknowledged over-application, in her ambition to maintain herself at the head of the class.

"Father," said a bright-eyed little girl of twelve in our hearing to-day, "the girls in our class who miss most, study their lessons all the time from recess until next morning." There is fearful meaning in this, that in their efforts to master their lessons in the exhausted condition of the brain in the afternoon, after a six hours' application, the mind fails to work, and an inextricable confusion of intellect prevents any clear conception of one thing from another. Can any heart fail of sympathy for the willing but vain efforts to comprehend their studies? No child should be allowed to take a book home from public school; the teacher ought to be summarily dismissed who failed to make the child master the lesson to-day, in school-hours,

which is to be recited to-morrow, and by half-past four, each child should be in the Central Park, breathing its pure air, drinking in its beauteous greens, loitering through its Ramble, rollicking along its Mall, or promenading its tortuous paths in search of some tiny flower of spring, or moss, or leaf, or budding twig.

Will the editors of this city take up the subject, or shall it still be that over half of all who die in New-York City, shall not reach their seventeenth year!!!

STIMULANTS.—Close observation and correct physiological research reach the same conclusion, that hearty eating and steady, hard work in the open air give the highest degree of bodily vigor, endurance, and lastingness. Such persons have a strong appetite and a rapid digestion, which speedily converts the food into nutriment, and the labor as rapidly works the old and useless particles out of the system; hence, the newer a man is, the harder he works and the heartier he eats. But suppose, in addition, he drinks liquor largely. Its effect is to arrest the metamorphosis of the tissues, to keep longer in the body what ought to have been worked off; hence he soon becomes overfull; his skin becomes distended, and he is always "tight!" (a very expressive phrase, that.) It is clear, then, that whatever arrests waste, arrests the change which ought to take place in corporeal particles, preparatory to their being conveyed away out of the system, and is unnatural and pernicious.

A man who has a bottle of rum will survive his friend at sea or in a desert, simply because it is the nature of alcohol to arrest waste and decay, up to a certain point.

So it is with a man who studies hard, who works the brain. Alcohol has an affinity for the brain. Within an hour after a glass of brandy is swallowed, more of it is found in a given quantity of brain than in any equal quantity of blood. This was demonstrated twenty years ago by Dr. Percy, so we rest here with a bare statement of the fact. Hence, a man with a glass of toddy will think longer, his brain will longer work with activity, than if he had none, up to a certain point, because it arrests the metamorphosis of the tissues of the brain. Coffee and tea do the same thing, and so does tobacco. Thus it was that during the Irish famine, a dozen years ago, it was

often made a subject of remark, that when an almost starving wretch chanced to get a little money, it was expended in tea or tobacco or spirits; and when asked the reason, the same reply was made, "It went farther" than any thing else; it was concentrated carbon, no bone, no husk, not an atom of waste.

We saw the greatest intellect of this nation, on being called to make a speech in the old Jenny Lind Hall on Broadway, so drunk that he could scarcely articulate a distinct word; the syllables ran into each other in sound; and he had to hold himself up by the corner of the table which opportunely stood by.

It is reported of the greatest divine that ever trod on this continent, that he suddenly stopped in a sermon, raised his hand to his brow, and exclaiming, "God, as with a sponge, has blotted out my mind," burst into tears, and sat down. He had fallen into habits of drinking spirits.

One of the best writers on doctrine in a most influential denomination, and some of whose productions are made standards in his church, was a drunken man, and died of the chronic diarrhea, which often ends a drunkard's life.

These men were at times compelled to brain-work when it was not in working order, when it was tired, exhausted; but some engagement, some inexorable necessity, as they thought, demanded the effort, and they found out in one way or another that a cup of tea or a glass of toddy enabled them to come up to the task, and thus the habit grew on them, until at last they found themselves under the necessity of "taking a drink" before making a public address, and sometimes before its preparation. But tea and alcohol are transient in their effects. Suppose a man has to be one of several speakers, and happens to miscalculate on the length of the addresses which precede his, the inevitable result is, a disgraceful failure or a new potation; but suppose he couldn't get it!!

So that a cup of strong tea will enable a man to get more work out of his brain than would otherwise have been done. But this is expenditure before an income; and for a while the evil day of bankruptcy of brain may be deferred, but its eventual coming is inevitable, and with it the ruin of the mind and of the man. The conclusion of the whole matter is, that the man who drinks a cup of tea or a glass of brandy to enable him the better to discharge any public service, is already on

the high-road to dishonor and a drunkard's death. Young clergymen, politicians, lawyers, doctors, beware!! Greater than any of you can ever hope to be, have made shipwreck of soul, body, and estate on this very rock, and why may not you? The reason of this infinitely inevitable result is, that stimulants arrest waste—this is their inherent, peculiar, distinctive, specific quality; this habitual arrest clogs up, and sooner or later the wheels of life stand still forever.

SPRING SUGGESTIONS.—Do not take off your winter flannel sooner than the first of May, but then change to a thinner article of the same material. They are wisest and healthiest who wear woollen flannel the whole year. Sailors wear it in all latitudes and all seasons. Arrange to have a fire kept up all day in the family room, however warm it may be out of doors, until the first of May; and in the morning and evening daily until the first of June. The editor has lived in the most malarial region in the world perhaps, and when the thermometer was a hundred and twelve at noon, a fire was regularly kindled at sunrise and sunset in his office, and sat by. Disease, malignant fever, and death reigned in every direction, and yet he had not a second's sickness. It is because a brisk fire not only creates a draft, and thus purifies a room, but so rarefies the deadly air that it is carried to the ceiling where it can not be breathed. The simple precaution of having a fire kindled in the family room at sunrise and sunset in late spring and early fall, is known by eminent names in the army and navy surgery to be the most efficient preventive of all forms of fever and ague, and spring and fall diseases; in flat, wet, warm countries, it is almost a specific against those diseases. No man would be considered sane who should keep up as hot fires in his house as the spring advances as he did in mid-winter. Food is the fuel which keeps the human house—the body—warm; hence, if as much is eaten in spring as in winter, we are kept too warm; we burn up with fever; we are oppressed; we suffer from lassitude. All nature takes a new lease of life with spring but man. It is because he alone is unwise. The brute beasts, the cow, the horse, the ox; these turn to a new diet and go out to grass, to crop every green thing; they would never come to the stable or barnyard of choice to eat the "heating," "bind-

ing " oats and corn on which they luxuriated during the winter; they eat watery food which is light and purifying. Not so with man; he continues his meats and fats, his greases and his gravies, as at Christmas. Watchful nature takes away his appetite for these, and because he does not "relish" them as he did a few weeks before, he begins to conclude that something is the matter, and measuring the amount of his health by the amount he can send down his throat, he begins to stimulate the appetite, thinks he must use some tonic, readily assents to any suggestion which includes bitters and whisky, especially the latter; in addition, he puts more mustard, and pepper, and cat-sup on his meats, seasons every thing more heavily, until nature has been goaded so that she will bear no more, and yields to the fatal dysentery or bilious colic, or happily relieves herself by a copious diarrhea. Does not every reader know that fever, and flux, and diarrhea are common ails of spring? But you did not know one of the two chief causes, man's gluttony, as above described! Tens of thousands of lives would be saved every spring, and an incalculable amount of human discomfort would be prevented, if early in March, or at most by the first of April, meat and grease and fried food of every description were banished from the table wholly, at least for breakfast and supper. If meat will be eaten for dinner, let it be lean; use hominy and "samp" largely, have no fries, eat but little butter; use eggs, celery, spinach, vinegar; keep the body clean, spend every hour possible in the open air, snuffing in the spring; but by every consideration of wisdom and of health, have a good fire to come to and sit by with all your garments on, for eight or ten minutes after all forms of exercise; otherwise, you will wake up next morning as stiff as a bean-pole and as "sore" as if you had been pounded in a bag, to the effect of your exercise having done you more harm than good, and concluding that work don't agree with you, however beneficial it may be to others, you take no more for weeks and months. Man is certainly the biggest mule that ever was created. For the sake of giving some general idea as to how much sedentary persons should eat in spring, particularly those who are most of the time in-doors, it may be well to name the bill of fare. At breakfast, take a single cup of weak coffee or tea, some cold bread and butter, with one or two soft-boiled eggs, and nothing

else. Twice a week a bit of ham or salt-fish may be used in place of the eggs, but then no meat should be eaten for dinner that day. If there is no appetite for eggs or the salt meat, it is because nature needs nothing more than the bread and butter and the drink, and nature is wise. When there is not much inclination to eat, a baked or roasted potato, with a little salt and butter, is a good substitute for an egg or piece of ham. Substitutes for these again are found in a roasted apple or in stewed fruit or cranberry-sauce. Dinner, half a glass of cold water, cold bread and butter, and a piece of lean meat, of any sort, with baked or roasted potatoes, or some other vegetable; as dessert, stewed fruits or berries of any sort, and nothing else. Supper, a single cup of weak tea, some cold stale bread and butter, and nothing else whatever; any "relish," as it is called, whether in the shape of a bit of dried beef, or cold ham, or sauce, or preserves, or cake, is nothing less than an absolute curse. This is strong language; but such things do give millions of persons restless nights, uncomfortable awakenings, and succeeding days of unwellness in every degree, from simple fidgets to ennui, ill-nature, fretfulness, and the whole catalogue of little, mean, low traits of character, such as snappishness, fault-finding, querulousness, glooms, and the like; this is because nature does not need food for supper, does not call for it; and a plain tea-table, with nothing but bread and butter on it, repels us the moment we enter the room. The next thing is to have something which has more taste in it, which "relishes;" in other words, which tempts nature to take what she would not otherwise have done; and when once inveigled into the stomach, it must be got rid of; but no preparation has been made for it; it is as unwelcome as the appearance of a friend at dinner on a washing-day. The result is, that what has been eaten is imperfectly digested, a bad blood is made of it, and this being mixed with the good blood of the system, renders the whole mass of blood in the body imperfect and impure; and as the blood goes to every part of the system, there is not a square inch of it that is not ready for disease of some sort, those parts being most liable to attack which had suffered previous injury of any kind; those who have weak brains, for example, become "softer" still, under the charitable name of "nervousness."

DIPHThERIA is a Greek word signifying skin. Diphtherite, as the French call it, or Diphtheritis, means an inflammation of the skin, as the word "itis" at the end of the name of any part of the body, signifies inflammation, "flaming" of the part. But we have an outside skin and an inside skin, which latter is only a continuation of the former, and covers the internal portion of the body as the true skin covers the outside; this internal skin is called the mucous membrane. Hence inflammation of the mucous membrane of the eyelids, of the nose, of the bowels, or of the lungs, is as much diphtheria as the inflammation of the throat or windpipe; but in common speech, it is confined to a peculiar affection of the throat. A thin substance sometimes exudes from trees and hardens on the bark. Diphtheria is an exudation from the inner skin of the throat, the mucous membrane; this appears in patches, which spread, and harden, and thicken, until the windpipe is perfectly closed, and death is inevitable; closes as does the spout of a tea-kettle in limestone countries, by continual accretions. In croup, a less solid substance forms, a kind of phlegm, which is more or less tough, but not solid and compact; it also closes the windpipe completely sometimes, and death ensues; but it is not so leathery in its nature, and is not so difficult of removal. Diphtheria is the more dangerous also, because of the great debility which seizes the patient, and the tendency to destructive ulceration of the parts, a kind of rotting or mortification. The thing then which requires the most instant attention, is the softening of this exuding hardening substance; and next, the prevention of continued exudation; doing something to dissolve and bring away the hardening exudation, and then to close the pores or little mouths of vessels which supply the fluid.

The most efficient and unexceptionable method of softening, and dissolving, and loosening this hardening and dangerous exudation, is that devised by Dr. L. A. Sayre, a distinguished surgeon and physician of New-York City, who puts the patient in a small, close room, makes a flat-iron white hot, suspends it over a pail, pours water on it just fast enough to have every particle evaporated, and before it is cold enough to allow a drop of water to fall into the pail, it is replaced by another hot iron, thus keeping the room full of steam at a temperature of eighty degrees Fahrenheit, for several hours; meanwhile the membrane

softens, becomes more liquid, and is cast off; but all this time the patient's strength must be kept up by the most nourishing yet the mildest articles of food, as beef-tea, soup, jellies, ice-cream, etc., allowing bits of ice to melt in the mouth as long as agreeable. Meanwhile, the interior of the fauces, throat, larynx, etc., as far down as can be reached, should be painted with a camel's hair pencil, or soft mop dipped in a solution of twenty to forty grains of nitrate of silver, dissolved in one ounce, that is, two tablespoons of pure water; repeat this painting as often as is necessary to unclog the throat. Where the patient is old enough to use a gargle, employ a tablespoon of powdered alum in a quart of water; Prof. Meredith Reese, of this city, prefers a gargle of two ounces of honey mixed with one ounce each of tincture of capsicum and tincture of myrrh. These are the unmedicinal means to be employed by the family, until a physician arrives, when the case should be placed implicitly in his hands, especially as convalescence is painfully slow and precarious. The terms diphtheria and diphtheritis were introduced by M. Bretonneau, in 1826, to indicate a class of diseases, the distinguishing feature of which was the tendency towards the formation of a false membrane, either on the external or internal skin. He noticed this, says Prof. Reese, of the New-York College and Charity Hospital, as an epidemic in France in 1818, 1825, and 1826. It was observed as an epidemic in 1850 in Haverford West, England. It is clearly a constitutional disease, namely, one in which the whole mass of blood is implicated, caused by a peculiar condition or constituent in the atmosphere; this has led to a general but erroneous impression that "diphtheria is catching." It prevails in families, not because it is communicable under any ordinary circumstances, but because members of the same household breathe a common air. But if that air is made more foul by emanations from diphtheritic patients, those who are well, and who otherwise would have kept well, will have their vitality lowered by breathing this vitiated air, and hence become proportionably liable to disease of any kind, and which would assume this form in preference, just as in any epidemic, most forms of disease run into that which is prevalent. Hence it is best when diphtheria appears in a family, either to keep up a thorough ventilation, or, which is easier, safer, and better, send the children to a place several miles distant.

Diphtheria is essentially a low form of fever, a fever in which the patient rapidly fails in strength, and the whole system is oppressed. Generally it appears in a mild form, now and then it is exceedingly malignant and fatal, and these few latter cases have thrown around the name a terror which shakes the stoutest hearts, just as there are a thousand cases of scarlet fever which recover of themselves, while now and then there occurs one which is suddenly and fearfully fatal.

Croup and scarlet fever and putrid sore throat are uniformly the result of the application of cold, of a cold taken in one of three ways.

First. An only child of sixteen, spent several hours in a dancing-school; the room was warm and she danced a great deal, causing free perspiration over the whole body; at the close, which was about dark of a cold, raw, windy November day, she ran down-stairs and stood on the sidewalk waiting for a companion. She was suddenly chilled, and died in forty-eight hours of malignant, putrid sore throat.

Second. Getting chilled by sitting in a cold, damp room, or at an open window.

Third. Allowing a wet garment to dry on the person, while being still.

The same causes induce diphtheria in a diphtheritic condition of the atmosphere; hence in winter, spring, and autumn, keep little children in-doors the whole of all rainy, thawy, raw, windy days; and of all days, until after breakfast, and from and after one hour before sun-down; give them their supper before dark, and send them to bed as soon as the candles are lighted. Next in importance to prevention, is the premonition of diphtheria, the set of signs which indicate its on-coming, and which are peculiar to itself, premising that when scarlet fever is most prevalent, diphtheria most abounds, as in England in 1858, and in New-York City in 1860, where twice as many persons died of scarlet fever in 1860 as in 1859, and never were so many diphtheritic cases reported here as for 1860.

Sore throat, swelling outside, and an exceedingly offensive breath, are among the very first and most distinctive indications; on opening the mouth, there will be seen on the back part of the throat and tonsils spots of a whitish or grayish white color, with fever and general depression and debility. In the

earliest stages, a gargle of salt water should be freely used every fifteen minutes ; a tablespoon of tincture of capsicum to a pint, would be a good addition, as it will be found efficient in rapidly clearing away the accumulations ; at the same time, bind flannels around the neck, dipped in salt water, as hot as the patient can bear, renewing every five minutes. The very best advice we can give is simply this, whether diphtheria is in the neighborhood or not, if a child from two to twelve years old complains of a sore throat and has a most offensive breath, send instantly for a physician.

PRIVATE THINGS.—A person called some time ago, who in addition to a throat difficulty, complained that the urine had been coming away in a dribble for years, drop by drop, day and night. There was no remedy. No one can think of being in such a condition for a week without the most decided aversion, but to remain so, hopelessly, for all the long years of life yet to come and go in their weariness, is horrible to think of ! The immediate cause of this distressing malady was a paralysis of the bladder, brought on by resisting the calls of nature to urination from early morning until business hours were over, and making it a habit day after day, on the ground that it interfered with business to give the requisite attention, and not knowing that any harm could come from it.

By retaining the urine too long, the bladder sometimes becomes so distended as to burst, and death is inevitable. When the membrane is not ruptured, it is, in a sense, like a bow bent to breaking, and loses all power of action ; the urine can not be discharged ; terrible pains ensue, and death is a speedy result. At other times persons get into the habit of resisting urination ; this induces inflammation, reabsorption into the circulation, and is a frequent cause of stone in the bladder, one of the most fearfully painful of human maladies, and when not fatal, requires a dangerous operation, at a cost of several hundred or a thousand dollars. This inability to urinate, brought on by deferring the calls, is, under all circumstances, a most distressing, dangerous, and alarming malady, and demands the most prompt and energetic treatment. The object of this article is not to propose a remedy, for but too often it proves fatal in two or three days ; it is rather intended as a warning

to all to avoid the cause by the easy means of yielding to nature's calls habitually and on the instant, however frequent. Medical books give a variety of fatal cases, where the patient was riding in a stage-coach, particularly in cold weather, and resisted nature for a whole day. Parents should teach their children that it is a false modesty and a false politeness to put off these calls under any circumstances whatever. It is a thing which should invariably be attended to the last thing at night, and the last thing previous to going to any public assembly, and as nothing can excuse an unnecessary risk of life, so nothing can excuse resistance to a call for urination.

While on the subject, it is well to state that the more a person exercises, the less will be the amount urinated, because the water of the system then passes through the pores of the skin. But when the weather is cold, these pores are to a certain extent closed; the water is then driven to the interior, and has to be passed off through the kidneys.

Ordinarily, the urine is high-colored and scant in warm weather, or when from exercise or other cause there is free perspiration; in cold weather it is abundant and clear. It is a practice hurtful and unwise to inspect the urine; its color, consistence, and quantity are modified by such a variety of circumstances of heat and cold, chill and fever, food and drink, and even by the emotions of the mind, that only a thoughtful physician can put a proper estimate on appearances, and even then, it must be in connection with all the facts of the case, bodily, mental, and moral.

Persons suffer a great deal in large cities from the want of public urinals. Scarcely a reader but may remember the time when he would have freely given a dollar for the use of such an institution. These establishments were formerly in Paris, but it was found impossible to keep them clean, and they were declared a nuisance. Hotels are scattered all through our cities, and while no proprietor of respectability would refuse an accommodation, yet if it could be brought about, that a tax of half a dime or a penny would secure it as a matter of bargain and sale, leaving both parties independent and free from obligation, much relief would be afforded and a great deal of suffering prevented. The whole subject merits the mature attention of every reader.

A very hasty and forcible attempt to urinate, especially when the parts are turgid, has resulted in a rupture of the membrane and subsequent stricture, and strictures tend to become more and more aggravated until urination can only be performed by introducing a tube into the bladder, the very thought of which, both as to the trouble and danger of it, well inspires dread. A patient once had practiced this for sixteen years, but on one occasion introducing the instrument carelessly, an artery was ruptured, causing death in a few hours. And yet not one reader in a hundred but thinks it a small matter, and without possible harm to resist the desire to urinate for hours together.

STOOLING.—By remaining too long at stool habitually, or by a sudden straining effort, with a view to expedition, the bowels have sometimes fallen down, at others, piles are engendered, as well as by the neglect to have one action of the bowels every twenty-four hours. Ailments of this sort aggravate themselves until it comes about that whenever the bowels act, their inner coating protrudes and the patient has to go to bed and remain there in literal agonies—"worse than death" is a common expression; sometimes these tortures last for two or three hours, to be repeated every day of the world, and yet between these sufferings the patient often appears in the enjoyment of perfect health. And how is such a terrible calamity induced? In one of three ways; remaining at stool over eight or ten minutes; straining rapidly; or third, by deferring the calls of nature until the body gets into the habit of calling every two or three days, instead of regularly every twenty-four hours, and that soon after breakfast. The practice of that

"Linked sweetness long drawn out,"

of which poets have sung, is competent to cause a life-long disablement. The lesson of the article is, a call of nature as to urination or stooling or the "delays" in the other regard, can never be resisted with impunity in any one single instance, and many a life has been embittered in consequence of ignorance of these things, a life which otherwise would have been one of sunshine and usefulness.

CROUPY SEASON.—In the early part of spring many children die of croup; which is simply a common cold settling itself in the windpipe and spending all its force there. Why it should tend to the throat in them, rather than to the lungs as in some grown persons, and to the head of others, giving one man influenza, another pleurisy, a third inflammation of the lungs, and a fourth some low form of fever, is not so important as to know the causes of croup and the means of avoiding it. The very sound of a croupy cough is perfectly terrible to any mother who has ever heard it once. In any forty-eight hours, it may carry a child from perfect health to the grave. Croup always originates in a cold, and in nine cases out of ten this cold is the result of exposure to dampness, either of the clothing or of the atmosphere, most generally the latter, and particularly that form of it which prevails in thawy weather, when snow is on the ground, or about sun-down in the early spring season. At mid-day the bright sun lures the children out of doors, and having been pent up all winter, a hilarity and a vigor of exercise are induced, much beyond what they have been accustomed to recently. They do not feel either tired or cold; but evening approaches, the cool of which condenses the moisture contained in the air, this rapidly abstracts the heat from the body of the child, and with a doubly deleterious impression; for not only is the body cooled too quickly, but by reason of the previous exercise, it has been wearied and has lost a great deal of its power to resist cold, hence the child is chilled. Exercise has given it an unusual appetite, a hearty supper is taken, and in the course of the night the reaction of the chill of the evening before sets in, and gives fever; the general system is oppressed, not only by the hearty meal, but by the inability of the stomach to digest it, and fever, oppression, and exhaustion all combined, very easily sap away the life of the child. In fact, it may yet be found, when the nature of diphtheria is better known, that it is a typhoid croup, malignant croup.

Children should be kept as warmly clad, at least until May, as in the depth of winter; they should not be allowed to remain out of doors later than sun-down, when they should be brought into a warm room, their feet examined and made dry and warm, their suppers taken, and then sent to bed, not to go outside the doors until next morning after breakfast. All through Febru-

ary, March, and until the middle of April, especially when snow is on the ground, children under eight years of age should not be allowed to be out of doors at all, later than four o'clock in the afternoon, unless the sun is shining, or unless they are kept in bodily motion so as to keep off a feeling of chilliness. We have never lost a child, but feel that it must be a terrible calamity. Young mothers seldom get over the loss of a first born. Surely, then, it is worth all the care suggested in this article, to avert a calamity which is to be felt until we die. The commonest sense dictates the instant sending for a physician in case of an attack of croup, but the moment a messenger is dispatched, have three or four flannels, dip them in water as hot as your hand can bear, and apply them successively to the throat of the child, so as to keep the throat hot all the time, so as to evaporate the matters, which if retained, cause the clogging up inside which soon stops the breath. Hot water should be constantly added to that in which the flannels are thrown, so as to keep it all the time hot. Keep the water from dribbling on the clothing of the child, and see to it that the feet are dry and warm. Most likely the child will be out of danger before the physician arrives, and it is pleasant to be able to turn over the responsibility on him. Loose cough, freer breathing, and a copious discharge of phlegm indicate relief and safety.

Croup seldom comes on suddenly. Generally it has at first no other symptoms than those of a common cold, but the very moment the child is seen to carry his hand towards the throat, indicating discomfort there, it should be considered an attack of croup, and should be treated accordingly. When a child is sick of any thing, no physician can tell where that sickness will end. So it is with a cold, it may appear to be a very slight one indeed, still it may end fatally in croup, putrid sore throat, or diphtheria. The moment a mother observes croupy symptoms in a child from two to eight years, the specially croupy age, arranges to keep it in her own room, by her own side, day and night, not allowing it for a moment to go outside the door, keeping the child comfortably warm, so that no chilliness nor draft of air shall come over it. Light food should be eaten, no meats or hot bread, or pastries. The whole body, the feet especially, should be kept warm all the time. Rubbing twenty drops of sweet oil into the skin over the breast, patiently with

the hand, two or three or more times a day, often gives the most marked relief in a cold, thus preventing croup from supervening on an attack of common cold. Such a course promptly pursued will promptly cure almost any cold a child will take, and will seldom fail to ward off effectually, in a day or two, what would otherwise have been a fatal attack of croup, with its ringing, hissing, barking sound, and its uneasy, oppressive, and labored breathing, none of which can ever be mistaken when once heard. Many a sweet child is lost thus, the parents are aroused at dead of night with a cough that suggests croup; but it seems to pass off, and in the morning they wake up with a feeling of thankful deliverance from a boding ill. The child runs about all day as if perfectly well; but the next night the symptoms are more decided, and on the third night the child dies; but this would have been averted with great certainty, if from the first night, the child had been kept in a warm room, warmly clad, the bowels had been kept free; and nothing had been eaten but toast with tea, or gruel or stewed fruits.

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Vol. VIII.]

MAY, 1861.

[No. 5.

MARRYING WELL.

A REAL wife is a "help-meet," an assistant suitable for her husband; a woman who adapts herself to the situation, circumstances, and position of the man who has engaged to provide her with a house and home, and to defend and protect her until she dies. It would not be just to say that no girl educated in a boarding-school ever became a good wife; but that boarding-school girls, as a class, make the worst of wives, is the impression of many a poor fellow who has had experience in that direction.

The very first care of a young man who is about to marry, should be to select a woman of vigorous health, from among those of his own religion, of his own neighborhood, and of his own grade in society. If he is of no account, he deserves nothing higher; if he is of sterling worth, he will elevate her from the hour, toward the position which he himself merits, with the happy result, that as he rises she will rise with him, become proud of him, while he will have reason to be proud of himself, and in time will carry with him that presence and that bearing which belong to the self-reliant and to those who have a consciousness of ability and moral worth.

An important advantage in marrying from among one's neighbors is, that each party knows the social "status" of the other in a manner more perfect than is otherwise possible, and thus will all impositions be avoided; for there are multitudes of persons whose inveterate aim is to impress those whom they have married with the idea of their position, their birth, and their blood, the more so as these all are questionable. The truly well-born never speak of these things voluntarily. It is

not likely that William B. Astor or the Duke of Devonshire would proffer to any man the information that they were rich. A lady does not dress in violent colors; her maid monopolizes these.

To enjoy religion more and more, as we get older, is the true ambition, aim, and end of life; to do this to the fullest extent, there should be as few points of divergence and diversion as possible, whether in sentiment, in habit, or in practice. It is a sweet thing in declining years for husband and wife to sit together and read and sing and listen to the hymns which were familiar to them from childhood; to talk about the same ministers, the members of the same church, of mutual friends and neighbors, and of common schoolmates. The truth is, the more two old people have in common, the sweeter will be their intercommunions until they die. With considerable opportunities of observation over many degrees of latitude and longitude, the impression has been deepening for many years, that for domestic peace and happiness, and for the luscious communings of pious hearts, it is best, as a very general rule, the exceptions being rare, that the young should marry in their own neighborhood, their own circle, their own church, and their own State. A Southerner will always despise what is called the "picayunishness" of the North; while the free and hearty abandon of the South, the Northerner can never reconcile himself to. The North is a precise old maid. The South is a reckless dare-devil. The North has not the power of accommodation. The South has wonderful facilities of adaptation. The Northerner must have every thing just so, or he is in a living purgatory. The Southerner readily conforms himself to privation and laughs at what a Northerner would cry over. Within a year, a young lady of Brooklyn picked up a foreign husband at Newport; later on, she appeared at her father's door, a refugee from the intolerable treatment of her "lord" whom she had left in Italy; she was a Quakeress by education, and married out of her sphere.

In countless instances, "educated" women have made miserable wives. The fact is, in multitudes of cases, the wife is a slave, and, like any other slave, the less she knows as an intellectual being the less galling will the yoke matrimonial be, and the more likely will she be to discharge satisfactorily the ma-

terial duties of a wife, which are the ordering of the household so that it shall be the haven and the heaven of the toiling husband, and the nestling, cozy refuge of the children. The truth is, the whole system of female fashionable education is an abortion and a curse. Our daughters are not trained for wives, in the true sense of the word, but for ladies, for puppets, for dolls, for playthings. Although John Bull has a high character for doing things in the right way, in respect to the girls born to him he is about as big a fool as Jonathan. In the European orphan schools and asylums of Calcutta and Madras, the children of soldiers are, with great liberality, taken to be educated, especially the daughters of soldiers and officers who have died in their country's service; but in place of being taught needlework, cookery, reading, writing, and arithmetic, and in the domestic duties of wife and mother, they are instructed in subjects which might be expected in a London boarding-school, and hence Dr. Mouat says he has often heard steady soldiers declare that they preferred an uneducated native wife to the best of the inmates of the institutions above mentioned, because the former was gentle, quiet, obedient, fond of staying at home, careful and tender of the children, and anxious to minister to the comfort and happiness of the husband; whereas the latter was far too often a fine lady, alike regardless and ignorant of domestic duties, fond of gossip and flirtation, and altogether ill calculated to produce happiness in her husband's household. It is precisely this that is operating in New-York and Philadelphia and Boston, and other large cities, and extending even to small towns and the country, too, to diminish the number of marriages, leaving the most beautiful blossoms to be ungathered, while the bar-room, the coffee-house, and the club are more and more crowded, and the home of honorable wedlock is replaced by "lasons dangereuse" in New-York, and "les chambre garnée" of New-Orleans.

In short, there is reason to fear that unless greater attention is paid to the education of the heart in both the principles and practice of evangelical religion in our female schools, the time is not far distant when it may be said of the United States, as of the most corrupt capitals of Europe, that every third child is the offspring of shame. Let the thoughtful mature the subject well.

WRECKED CLERGYMEN.—The utter stupidity of the men who have the control and management of Theological Seminaries, is inconceivable, and the young men who go there do, in the judgment of charity, possess more piety than brains; their zeal is not according to knowledge; they cheat themselves, they cheat their parents, and they cheat the church. A considerable part of the money which is expended in paying professors' salaries and in sustaining "poor and pious young men," comes from people who have to work for a living; from farmers, mechanics; from girls and old women who make it by sewing and knitting; from persons who, by severe economies, lay up a little as a matter of duty and of love to the Master. As faithful stewards, the men who distribute this money, or who order its distribution, are bound to do it wisely, to the best advantage. If this is done by throwing out a bran-new preacher on the community who has barely strength to stand up long enough to read a sermon, who is so wrecked in brain and ruined in body, that it is problematical whether either will last six months from the day of his leaving the seminary—then we do not know what a faithful stewardship is. A professor in a theological seminary has no sense, never had any, never will have, beyond what he gathers in chewing Hebrew roots and ferretting out Greek themes; his whole soul is taken up in proving doctrines that never existed except in his own imagination; in showing what can not be seen; in fabrications which a breath of truth will smash to atoms. And looking forward to the time when they shall be quoted as very giants in Scriptural learning, they seem wholly to forget that the young men under their care have something else to do besides cramming their brains with theological abstractions. It really admits of debate, whether it would not be better for the world if the engine of Time had not better take a turn back by dumping every theological seminary, every medical college, and every public school into Symmes' north hole, and make another start in the direction of a better progress. Meanwhile, let this young man who wants an education, work by day for his board and tuition, and study at night by the light of a pine-knot or a bit of a rag dipped in a saucer of hog's fat. We have used both, and know their virtues. Let the other youngster who wants to become a doctor, take up the old-fashioned plan of com-

pounding his master's medicines, going round with him to visit patients, and gradually learn to take his place when emergencies present themselves, thus making actual observation the foundation of his study and his skill. And as to theological training, certain it is that some of our greatest divines, the men who have signalized themselves by splendid utilities, were those who plodded while they plowed, who "studied" with their own ministers, and thus literally graduated from "the school of the prophets," without being hurried to death to keep up in the class with those who had brains and nothing else. The *Pittsburgh Missionary* gives a telling illustration of one of the points made above as follows, and we could make a formidable list akin to it, from our own personal observation.

"Scarcely two years ago, I was summoned to the grave of my brother, Rev. —, who died with consumption in the very prime of manhood, with the most gratifying evidences of usefulness behind him, and the most encouraging prospects of continued usefulness before him. Soon after the failure of his health, I was attacked almost in the same way. A visit to the South had some influence in restoring my health, yet I can not now actively engage in the ministry. This, I assure you, afflicts me more than the pain arising from the disease itself. Whilst I hope I am gradually improving, another brother younger than myself, who has been studying for the ministry, is now passing through the last stage of consumption! In his great eagerness to acquire an education in a short time, he broke down his health. I will soon be the last of the family. My father died twenty-five years ago, and his last request was, that his three sons should be trained for the ministry. My excellent mother, true to her promise, made every sacrifice possible for a mother, to carry out his wish. My brothers went to the University of Virginia to acquire an education. They acquitted themselves with honor, but returned home with broken constitutions! My censure may be unfair, but it seems to me that the learned Faculty of that Institution are blest with but a small degree of knowledge in regard to the laws of health, or have not philanthropy enough to render practical what they do know concerning the laws of the body. I know many young men who have graduated there with distinction, who are now among the dead. Half-fed, half-warmed, pushed, pulled, drilled, and

drummed to learn rapidly—no attention paid to regular exercise, and, in consequence, the health of the poor student sinks. Surely, such learned men ought to know that exercise is indispensable, and that if students are too indifferent or parsimonious of time to take it, they should be compelled to do so, just as the student is compelled to recite his lesson at a certain hour. This system of “all work and no play,” has filled my mind with sad thoughts, in regard to the future of many of our young ministers.”

AVENUES OF DEATH.—Isaac Watts with mournful and suggestive truthfulness sang :

“Dangers stand thick through all the ground
To push us to the tomb,
And fierce diseases wait around,
To hurry mortals home.
Our life contains a thousand strings,
And dies if one be gone,
Strange that a harp of thousand strings
Should keep in tune so long.”

All who died in England during 1858, were the victims of one hundred and twelve groups of disease. A hundred and twelve fatal shafts are sped about and around us, a hundred and twelve diseases are always in existence—are floating on the wings of the viewless winds—our neighbors one by one fall at our side; and at the age of forty, sixty, eighty years, we “still live,” to magnify the kindness of that Eye which never slumbers or sleeps. And yet, in spite of that care, multitudes daily rush into the arms of death by inadvertence, by thoughtlessness, by inconsiderations, and by the most unwarrantable, the most reckless exposures. The same care that is expended in saving a dollar, would many a time save a holy human life. Abraham, Leviticus, Deuteronomy, or some other of the ancient notabilities sold his title, his honor, for a bowl of soup; but he was so hungry he couldn't help it. That a woman before now has walked herself into a “spell” of sickness, if not to death, in searching for a ribbon or dress-pattern of a particular shade of color, and gave as a reason, that she couldn't help it; that multitudes of them sit up sewing till near midnight, ruin their eyes, and make themselves “cross as bears” for a whole week afterwards, by the over-tax on the system, and give as an all-convincing reason, they couldn't help it; that others go into

the kitchen to make pastry and cakes and pies, while Bridget stands at her ease and looks complacently on, knowing that she is paid at the rate of eight dollars a month to over-see her mistress do her own work; the said mistress getting over-heated, and exhausted, goes up-stairs, throws herself on her bed, falls asleep, gets chilled, and wakes up to be an invalid for a week or two, and gives as a reason, she couldn't help it; that at another time similar results follow from her showing a servant how to sweep a floor, make a bed, or scrub the shelves to whiteness, because she couldn't help it; that doctors live on the Avenue, and doctors' families sport faultless equipages with liveried servants and fifteen-hundred-dollar match-horses in consequence of this rather strange mode of reasoning—can not be truthfully denied, so determined do many seem to brave all providence, and to put all sense, common and uncommon, at defiance. A daughter goes to a ball or an opera, rejects gum-shoes and a shawl as precautionary. She comes home in the rain, feet wet, body chilled, with a week's illness, and reasons thus: I couldn't help it. I was there, and was obliged to come home. Ye happy husbands! how many times have you been "shut up" by this adroit mode of handling an argument on the part of your divinities? And how often patience has *not* had her perfect work when you have seen the utter falsity of the argument, but yet did not exactly "see your way clear;" in other words, hadn't sense enough to flash out the absurdity in a single, all-convincing utterance? How often this has happened, you must report yourselves. But be candid. Are you not too mad half the time to do any thing but grit the teeth, and say nothing? But these things are so, because, because we have—hem!—"hearn tell!" The real meaning of the expression, "I couldn't help it," is, I didn't choose to help it; in other words, there was an inability to act wisely, or an ignorance of cause and effect, which are equally inexcusable, if not actually criminal, often ending, as these things do, in tedious invalidism, at a ruinous expense of the husband's time and means, or in leaving whole families of motherless children to grow up uncared for, if not driven from their homes, by some designing or heartless successor; driven into stranger families; driven into ill-assorted or unwilling marriages; driven into neglect, to want, to temptation, to the acceptance of wages for accursed deeds. Health is a duty, its loss a crime.

DEATH'S WEAPONS.—The higher the state of civilization, the more attention is paid by nations towards ascertaining the causes of disease and death, with kindred subjects, the object being to exercise that parental care and authority which becomes a beneficent government. The glorious English nation is pre-eminent in these regards, our own being too young to have inaugurated any system commensurate with the importance of the subjects. In one year fifty thousand persons died of consumption in England and Wales. It is particularly noteworthy that the mortality from this disease in the city of London bore about the same proportion as that of hilly Wales. And it is not a new remark that, as cities grow older, consumption diminishes; in consequence, no doubt, of the greater intelligence of the people and the greater conveniences and comforts of life. Another fact protrudes itself, and that is, that the doctors do not kill every body. In Wales, twelve of every hundred persons dying had no medical attendant. In one district in England, one person out of every ten had no doctor to help them over the bridge of sighs. Half of all who died were under seventeen years of age. This fearful truth will come more directly home, to parents at least, by saying: "Half of your children will die before entering their eighteenth year!" And why? Because it is natural that they should die thus early? Because they were not made to live longer? Because there is a necessity that it should be so? No; none of these. Nor is it because, inheriting a weakly constitution, they were born diseased. A wise care will overcome these disadvantages in a vast majority of cases. One of the greatest sovereigns in the world was born so decidedly scrofulous as to be threatened with a life-long deformity; and yet, of a houseful of children, not one has died, several have grown up to majority, and all are in high health, and by virtue, too, of a systematic and persistent attention to the laws of hygiene. It clearly follows that half of our children die before they become of age, because they are not properly taken care of, watched over, and instructed as to the means of preserving their health; they are not told by their parents how to avoid disease. This is certainly a fearful reflection, and yet it is undeniably true.

A PILL OF LAUGH.—The two favorite medicines with us are, an out-door walk or ride of two or three hours, and a good laugh. We are not exactly at leisure to hunt up fun, so we manufacture it for the nonce, or draw on the resources of memory. In other words, when we are sensible of the need of a stir-up, of a quickening of the fluids ethereal as well as material, we lie down on the floor, think of something funny and laugh at it; no grinning, but a real out-and-out, wide-mouth guffaw, which rings over the premises so loudly that the Quaker Upper House comes down to say, "William, I rather opine the neighbors will think thee a little daft;" these may not be the identical words, in fact, we rather think that a literal report would not "draw it quite so mild," no, not by a long shot; but the reader has the idea; now for the pills.

The two which are most infallible in their effects, and which do not seem to lose their power by repetition, are the reading of the "doubtful witness" in the January JOURNAL, to which we respectfully refer, price, ten cents; the other we have never seen in print, nor has any one else, perhaps from an impression it might be tabooed; but the incidents did occur, and the narration was made, and surely what has been stated in company may be put in print, especially as the distinguished conversationalist was a clergyman, a D.D., and belonged, too, to that most stern and staid and educated of all religions, the Old School Presbyterian Church; in short, no less a personage than the late Rev. Dr. _____, of _____, a man of infinite jest, who could tell a joke or take a glass of wine with any body. So sweet a voice had he, that it fell upon the ear like the most delightful "lullaby." Well, to our—pill of laugh. In one of his journeyings across the mountains to the "General Assembly" at Philadelphia, at that early day when it was made by "stage" instead of "rail," requiring weeks instead of days—the vehicle was full—a beautiful young country girl occupied the position of the end-seat of the middle bench, in the old-time famous "Troy coaches," hence she sat next the door, and it was most convenient that she should get in last. At one of the stopping-places for "refreshments," the horn summoned the "passengers" to resume their seats; the roads were muddy, the day was dismal, and the travelers were "dismaller," by reason of the fashion then, as now, to hurry you up before the

dinner was half down. All were soon in but the doctor and the young lady. He opened the door, and was about handing her up to her seat, as any chivalric Kentuckian would do—in fact, they are all, that is, the race of forty years ago, as frank, and genial, and hospitable, and courteous, and brave a race of men as ever lived. Can't say as much of the later crops; rather think idleness and whisky, and the disposition to plume themselves on the virtues of their grand old sires have withered, and wilted, and wrecked the nobler nature, leaving behind a scaly race fit only to make loafers and braggadocios of. We are speaking of the sons only; the daughters! why, they are as handsome, and lady-like, and courteous, and courtly as they always were. Within a year the sweetest of them all said in our office: "Why, coz, when I returned to the old homestead to show my little boy to his grandfather, sixteen out of the seventeen young men with whom I had more or less an acquaintance, who were on visiting terms, have died drunkards or come to some other untimely end since I was a girl, a short seven years ago." In the same connection it may be related, that "the friend of our youth," from the same village school, and who has climbed higher up on the ladder of human fame and usefulness than we, passed a few days in our house not long ago, and in the mournfully pleasing reminiscences and inquiries which may be well imagined to have occurred on such an occasion, questions were asked of this and that and the other well-remembered name of childhood, he having come from the spot an age later than we. But rather objurgating as to the unsatisfactory answers given in reference to some of whom we wanted to hear, he explained: "The fact is, when I met my old friends, I was absolutely afraid to ask them about their children, 'gone to the dogs' being the very general and succinct history of those who, when I left a dozen or more years ago, were growing up as almost models of manliness and personal attractiveness. The reason was about the same as to all, idleness, gaming, drinking." Why, within a month when inquiring of an old acquaintance, of the young men who were in the medical department of the university at the time when a diploma in pills and physic was ground out to us, and who had then made themselves notable among their fellows by actual talents, and the promise of greater things to come—"Doctor, I

am ashamed to tell you, but in the town where I live, the place where you will always find the names 'at home' to which you have referred, is the billiard-saloon." Kentuckians! what means this? Do you intend that the race of giants shall die with Clay and Crittenden? Is it true, as reported in some of the papers, that your Governor was so "tight," on the occasion of a visit to the capital of the sister State of Ohio, that he denied it was three o'clock in the morning when he reached his lodgings, and as positive proof, said that it was only one o'clock, because it had that moment ceased, and it struck only one, for he had counted it three times? We have on several occasions boasted of the representation of our native county in this very same old Gotham, the clergy of several different denominations, the doctors of different names and pathies, and the editors! too, are literally headed by Bourbonians, the very identical place where the best whisky in the world comes from. Even the prince of horse-tamers, the immortal Rarey, got his cue from a man who was either a native of Bourbon county, or so near it that there was no fun in it. Dr. himself, the hero of this, what shall we call it? was bred in Bourbon, got his first fame and first wife there; but we forgot to remember two other celebrities from the same old "Bourbontown," as it was named seventy years ago. Both of them were our schoolmates; one is the prince of gamblers, and may be seen any day in Broadway "looking out" for spoils; the other was a prince of gin. Our most vivid recollection of the former was an effort of his, when not ten years old, to lead us into a "bet," which would have been inevitably lost by a quibble; this was seen instantly by us, and was declined. On a more recent occasion, the former being named "Asbury" by his good old Methodist mother, after her revered bishop, of blessed memory, the other was the son of a "new light preacher," of note in his day, "Augustus," these two worthies were in Broadway in broad daylight; they were two of the busiest men we ever saw, were Gust and Asbury. They were serious, too; there was not the scintillation of a smile. As we got nearer to them at the corner of Howard street and Broadway, there seemed to be an expression of countenance on both indicative of earnestness and determination; in short, they were endeavoring to hold up the lamp-post in that rather famous locality. Our impression was,

as we passed rapidly by in a vehicle, that they would succeed; subsequent events verified that impression, for next day the lamp-post was there "all right," and no wonder, for they hugged it as a man would his own brother in affectionate circumstances.

Really, we think that the old United States had better not draft us to go down South on a fighting excursion, for if our leaden bullets were delivered as scatteringly as our pen missiles, we rather think the secessioners would not be much hurt. But as we were saying, when Dr. was about handing up the unsophisticated "seventeen" to her seat, he found it occupied by a great, big, burly, frowsy-headed, unshorn, and rather garment-soiled new-comer who "didn't care whose seat it was; he found it empty and intended to keep it." This was one of those rather rare cases in which it was pretty clear that "parleying" would do no good, and the doctor both saw and felt it on the instant, and that the best thing to be done was a *coup de pied et de main*; so placing one foot on the stage-step as a *point d'appui*, or fulcrum, and one hand at the boor's throat, the "rough" was left sprawling in the mud; with the other hand he lifted the lass to her seat, and with the word "drive on!" to Jehu, the whip snapped, the horses snorted and away they went. The inmates were struck with silent surprise; for a few moments not a word was uttered; at length a fellow-traveler came to the relief of all—it was now quite dark—by remarking he had always heard the Kentuckians were afraid of nothing and nobody—in short, that they were a pretty fierce, ungovernable, dare-devil set. "You are entirely mistaken there," said Edgar; "when you get to know us better, you will find that we are an unforward, unpresuming, and in fact, rather a retiring and modest people, almost shame-faced sometimes; for example: A young clerical friend of mine had occasion to read the twenty-second chapter of Numbers before a large congregation. (The reader may remember that the chapter named, discourses somewhat about a remarkable mule, the head of which, or that of a number of its descendants, is either at Fowler's or Barnum's; Brady has the best photograph of them.) He found it necessary, when rising, to summon up his determination, and to assume a fearlessness which, in reality, he was conscious of not possessing. But on the faith of an axiom very

true indeed in its immediate scope, that faint heart never won fair lady, he read ahead, with the same fearlessness that possesses a schoolboy, when he whistles with all his might in passing a graveyard. All went along splendidly until the close of the twenty-seventh verse. Then, there was evidently a hem and a hitch. I am only demonstrating to you, said the Doctor parenthetically, what a modest set we are out West. A kind of confusion seemed to come over the young man's eyes and mind; in short, there was such a mixture of horses and mules and other things, that the reader's eyes were all blurred over, and having some consciousness that attention was particularly upon him at that juncture, he made a desperate plunge, and suiting the action to the word, in a fairly thundering tone, he read, "And Balaam's HORSE opened at this juncture there was such an "irrepressible conflict" all over the house, that what the young man really said farther was never affirmed—it never "transpired." "Oh! no; you are mistaken," said the Doctor, "we are the most modestest people out West you ever saw."

SMOKING TOBACCO.—There is no vice of the appetite which does not find advocates among otherwise respectable people. The *Boston Medical and Surgical Journal*, the standard New-England medical periodical, is quoted as advocating smoking tobacco as a preventive of clergyman's sore throat. Now, some twenty years of personal observation with multitudes of confessions from the suffering, prove that smoking cigars is the immediate excitant of some of the most fearful sufferings ever recorded in medical books connected with the throat, an actual slow starving to death, from the utter inability to swallow a particle of nutriment, solid or fluid!

Again. Three fourths of all cases of throat trouble, put down under the head of Chronic Laryngitis, or Clergymen's Sore Throat, as eminent medical men of all schools admit, arise from a wrong condition of the digestive functions; in plainer language, clergymen's sore throat is generally the result of injudicious eating, of a disproportion between exercise and diet. That a man may feel better, or rather is less sensible of discomfort in his throat after smoking a cigar or pipe, is admitted; so would he from a dose of opium; but the effect of both is to

obtund the sensibility of the parts, to place the patient falsely at ease, while the malady is burrowing in the system, gathering greater power, requiring more and more tobacco to keep the patient comfortable, until it refuses to be kept under control any longer, and either surprises the patient by death from starvation, or forcing some other outlet, assumes a new form of disease, and the patient "was cured of his laryngitis by smoking cigars," but died afterwards of something else! The truth is, neither opium, nor "liquor," nor tobacco, ever of themselves cured any body of any thing since the world began.

Dupuytren, one of the most eminent and honored names in medicine, says of tobacco-smoking: "I can not understand the progress of this filthy custom among educated people. It is incredible that a man of liberal education should consent, thus deliberately to debase his intellect; that a man who has enjoyed the pleasures of literary and scientific information should prefer to the sublime enjoyments of the mind the ignoble pleasure of rendering himself disgusting to all around him."

The *London Lancet*, high authority in the medical world, says, that "dividing the young gentlemen who attend the Polytechnic School at Paris into smokers and non-smokers, not only do the smokers on entering the classes take a lower rank, but in all the examinations afterwards the average rank of the smokers constantly falls, while those who do not smoke at all, enjoy a clearness of brain and thought of which the smokers have no experience." We can not accept this as demonstrative of the fact that smoking tobacco does of itself certainly have a marked deleterious impression on the mental faculties, although it strongly points that way. If, however, that solution is rejected, it follows that young fellows who smoke cigars, either lack the sense or the application necessary to reach positions of enviable distinction. Of the two most inveterate smokers that ever came to our knowledge, one died of starvation from inability to swallow food; the other was always smoking, always sick, when being sent to the penitentiary from Wall street, he gained fifteen pounds in three months, on the strength of entire compulsory abstinence from the "weed," and at the end of three years, is still doing the State efficient service.

HEARTY SUPPERS.—A case was recently stated in this JOURNAL, in which a clergyman rode from breakfast until night, without eating any thing. Weary and hungry, he ate a very hearty meal and retired to bed. During the night he was taken ill, fell at once into a stupor, and in that condition died next day. In another case, a man came into the hospital with both shoulders disjointed, the result of a hearty late supper, as there explained. In another instance, under our own observation, a person in as apparent good health as at any time during the fifty years preceding, was attacked with lung-fever, in consequence of hearty eating in the latter part of the afternoon, and died in three days. Usually, late and hearty suppers cause diarrhea, cholera, cramp-colic, and similar forms of disease, but in many cases their ill-effects are manifested in ways little suspected; hence they often get off with less than their share of blame. It is useful, therefore, to give some of their more uncommon results, this may lead a few of the wiser sort to adopt from principle, as a wise precaution, the safe, advantageous and rational practice of eating nothing later than the mid-day meal, beyond a piece of cold bread and butter, adding, perhaps, not a glass of cold water, but what is better, a single teacupful of any hot drink. Lung-fever, inflammation of the lungs, and pneumonia, mean precisely the same thing, "Lung-Fever" being plain old Anglo-Saxon. The patient ate very heartily indeed, late in the after-part of the day, and waked up in the night with a severe chill, which shook the body like an aspen, and lasted for more than an hour; then came vomiting of bile, and looseness of bowels, and a little cough; these all suddenly ceased, and the patient sank rapidly into the grave, at the age of seventy-five. The lungs of this person had been so weak at the early age of twenty-two, that it was freely prophesied, that life could not last another year. When any thing is eaten, extra blood and heat go to the stomach to carry on the work of digestion, and this process ceases the instant the temperature is below nature's standard. An extra meal requires extra digestive power and extra heat; the blood is called in from the outposts, and so is the heat, to assist the stomach in its unusual labor; that leaves the surface, the skin, the feet, the fingers, cold. Has the reader never felt chills run over the body in getting up from a hearty meal? A greater degree of that would

be a "regular shake." Now the lungs are in direct sympathy with the skin, hence the chill of the skin is often transferred to the lungs. In the case in question, the effects of the chill fell on the lungs, they being the weaker part, the chill of the skin drove all the blood inwards and congested it, heaped it on the incapable, the weak, the helpless lungs; as proof, the patient spat blood, a mouthful or less. It was nature's effort to get rid of the terrible load; if she had been able to clear herself of half a tea-cupful or more, the patient would have been saved, but there was not constitutional strength enough to make the effort; the clockwork of life had run so long, that all its wheels had pretty nearly worn out together, so that there was not power sufficient to overcome the obstacle of a pin-head, as it were. The main lesson of the article is, that eating heartily, late in the day, is always hurtful, sometimes dangerous and even fatal. And further, that safety in the old and the feeble consists in habitually guarding against even slight exposures, slight irregularities, and slight changes in any of the habits and practices of life, eating and drinking and exercising in the greatest moderation, being systematic and uniform in all things.

THE SECRET OUT.—A very imprudent physician has done his brethren a great injury by thoughtlessly divulging one of the most valuable secrets of the profession, while riding up to Union Square in the Fourth Avenue cars yesterday. "How is practice now? you must be making a great deal of money, for every third person seems to be ailing?" "True; there is much serious sickness, but I get no practice. Secession has made the times so hard, that people cure themselves by eating nothing."

There are a few bodily ailments which are aggravated, and in some cases rendered incurable by insufficient diet; but with the exception of Diphtheria and a few others, nine out of ten of all ordinary ailments are controlled, are arrested, are permanently cured by a wise diminution of the amount of food eaten. This is particularly the case when there is no decided ailment, but a general feeling of discomfort or of unwellness. In all actively inflammatory maladies, where there is acute pain any where, total abstinence from all substantial food, from every thing liquid or solid, except hot teas, is the sheet-anchor of safety, when not extended beyond thirty-six hours. No one

should venture on a longer abstinence on any occasion without the advice of a physician.

All pain is caused by over-distended blood-vessels pressing against some neighboring nerve. Hence the quickest way of relieving any ordinary pain is to diminish the amount of blood in the vessels of the part by bleeding. But there is a safer, a better and a more enduring relief in cutting off the supply of blood; and as blood is made out of the food we eat, it must be apparent, that if on the feeling of pain or discomfort, we cease eating absolutely, that pain must begin to diminish within six hours, that being the time required for converting food into blood, and if no more food is eaten, no more blood can be made; while the amount in the system is diminished at the rate of two or more pounds in every twenty-four hours of invalidism, there must be relief. But let it be remembered that while this diminution goes on in a state of rest by means of the perspiration, sensible and insensible, as well as by all the involuntary motions of the system, and the friction of the blood along its vessels, it is an important fact that every crook of the finger, every wink of the eye, every thought of the mind, is at the expense of the consumption of a greater or less number of particles of the body; so that, in every succeeding moment, the body weighs less than it did the preceding moment; this diminution takes place in the amount of the circulating fluids directly. If then the slightest motion diminishes the amount of blood, and it is the excess of blood in a part that causes pain, the next best means of diminishing pain, after cutting off the supply of food, is exercise. Hence the more a man exercises *short of actual fatigue*, the better he will feel, the sooner and more effectually will he be relieved. Many a time a man has felt uncomfortable, sometimes very decidedly so, but upon taking a walk or ride, or engaging in some interesting work, he expresses himself as having been greatly relieved. Let then this thought impress itself on the mind, that in the common every day ailments of life we must look for the cause in an excess of blood and other fluids in the body, and that whatever diminishes that excess is curative. The methods of this diminution are worth remembering. 1. Abstinence from food. 2. Perspiration, whether induced by covering up in bed and drinking hot teas, or by muscular exercise. 3. Vomiting. 4. Bleeding. 5. Counter-irritation, as by fric-

tions with the hand or a mustard-plaster. Of these we recommend only abstinence, perspiration, exercise, friction. But let it be remembered that when exercise evidently increases the discomfort or the pain, or when it induces a positive feeling of weariness, it is contra-indicated, and quiet of mind and repose of body should be sedulously cultivated. And under all circumstances let it be remembered that however beneficial exercise may be in any given case, the very moment it becomes a felt fatigue, that moment it becomes a positive injury, if persisted in.

TRIALS OF LIFE.—We start upon life's journey full of hope, full of gladness, and full of joyous ambition, confident in our own strength and in the support of friends and kindred stationed round about us, on whom we lean with great satisfaction; but as years pass on, one of the outposts, the supports, falls; and then another and another, each succeeding year, leaving one or more the less. For a while we scarcely miss the acquaintances and friends of our childhood, for we have so many; but as time rolls on, the number becomes so small that each additional loss makes a greater void. Father, mother, brothers, sisters, our oldest neighbors, all gone; the minister of our youth has grown gray before us—he, too, has passed away; and beyond a school-mate here and another there, nothing is left to connect us with the times and the home of childhood, and such a feeling of desolation comes over us, that we are ready to sink in perfect helplessness and despair. To the old who may chance to read these lines, the suggestion is made, which, if wisely heeded, may save the body from sinking under the whelming load, and it is this, He who made us, is the Father of us all; and the dispensations of this life are designed to prepare us the more certainly for a beatific existence beyond the grave, and to enable us to make the transition with the least violence, and at the same time to train us to those habitudes of heart which will the more elevate us in the world beyond, he arranges that we shall learn to lean less on ourselves, less on others, and more on Himself, as a weary man leans on a staff; and the sooner we begin to learn thus to lean, the happier we shall be in time, and the more ready shall we find ourselves to take up the returnless journey without a murmur and without a sigh.

There are no words more beautiful and more true in any language than that "GOD IS LOVE" to all his true children; and the longer they live the more constantly does he gather himself about them with his providences, not certainly in the way that man's wisdom would devise, but in the manner most surely to eventuate in their safe arrival at their heavenly home. So that, while it is natural that we should feel the death of those who are near to us more and more acutely, the older we grow, we should gain even physical power to resist the most crushing trials, in the sweet reflection that, behind the darkest cloud, a loving Father hides a face all radiant with pity, sympathy, and affection, to be shown in due time when faith has done its perfect work. So that, for life's sufferings, there is a balm in Gilead, there is a Physician there!

PREVENTING DISEASE. — To inaugurate a healthy, moral condition of the community, we must prevent crime by educating the masses to its avoidance. This is the part of the true philanthropist; so is it the highest aim of the good physician, not to cure disease, but to prevent it. Such was the announcement in the very first line of the first number of our JOURNAL. On the title-page we intimated that the good time was coming, and we are gratified at some signs of its approach, infinitely more tangible than any Dr. Cummings can show that the world is near its end. In the great city of London, which now covers a space of one hundred and twenty-one square miles, on which live two and three quarter millions of people, one person out of every dozen dies in a workhouse, one out of every half-dozen in a charitable institution, one person out of every six is too poor to die in his own bed, and must rest in a pauper's grave. To what extent sickness and slow disease incapacitate the striving multitudes from supporting themselves, none can estimate better than the physician and the philanthropist. In view of so sad a result in the greatest city of the greatest nation on earth, the Registrar-General first looks for relief in improving the physical health of the teeming millions, and to this end aims at securing three things:

1. Pure air to breathe.
2. Pure water to drink.
3. A healthy soil to live upon.

The next thing he proposes is, to set the two thousand doctors of London to work in teaching the people how to prevent disease. And he wakes up to this as a "bran-new" idea. In the vividness of his fancy he fairly runs riot in beatific anticipations. "Imagine an army of two thousand of the most enlightened profession in the world employed in instructing the people in the way of a healthy life. How many thousands of lives would be saved every year in London alone! How much better and happier the population would be!" The majestic "Thunderer," the London *Times*, chimes in with the Registrar-General, and heads it, a "Beginning of the Movement under Sir B. Hall's Act." The *Times* has made a mistake. It is Dr. W. W. Hall, 42 Irving Place, New-York, and not an English baronet who set the ball in motion. Think a letter to her majesty Queen Vic the First might rectify matters and put the glory on the right cranium. The Registrar-General complains that: "Physicians are chiefly employed in treating disease. The art of preventing is not cultivated; it is not taught in any of our medical schools; it is not formally the subject of examination in any of our universities. The father of a family does not go to a doctor and say: 'How can I preserve my health and make my children well and vigorous, and develop all their faculties to the fullest extent?'" The *Times* goes on to say that: "Under Sir B. Hall's Act, medical health officers are appointed in the various districts of London, and many of them are working courageously against ignorant opposition with success. They deserve public approbation, for they have done quietly a great deal of good work, and it is probable have saved many lives and prevented much sickness."

The readers of this JOURNAL will bear witness to its steady efforts to teach them how to prevent disease; and we feel safe in saying that tens of thousands in this country have learned useful lessons in this direction from these pages. What is most deeply to be regretted is, that so few persons, comparatively, can be induced to pay a dollar a year in order to place in the hands of their children a publication devoted to the one point—how health may be maintained; how a good constitution can be preserved, counseling at the same time that when there is actual disease, a regularly educated physician should be promptly called in.

F L O W E R S .

THE very sight of what is beautiful tends to purify the heart and elevate the character; while the cultivation of flowers directly promotes physical well-being. The following list of flowering plants was made out by the *Germantown Telegraph* to afford a succession of bloom throughout the season, and with the page about clocks made from flowers, will be regarded with interest by every intelligent reader in the beautiful May. In this connection may be premised a striking exemplification of the instinct of plants by the naturalist Hoare, who placed a bone in the strong, dry clay of a vine border. The vine sent out a leading or tap-root, directly through the clay; the main root threw out fibers, but when it reached the bone it entirely covered it by degrees with the most delicate and minute fibers like lace, each one sucking at a pore in the bone, like a litter of pigs at their dam, as she lies down on the sunny-side of the farm-yard. On this luscious morsel of a marrow-bone would the vine continue to feed as long as any nutriment remained to be extracted. What wonderful analogies there are running through the various forms of animal and vegetable creation, to stimulate curiosity, to gratify research, and, finally, to lead our contemplations from nature, in a feeling of reverence "up to nature's God."

As to the vine spoken of by Hoare, it is worthy of remark that the root went no further than the bone, which it seemed to have literally smelt out, as would a hungry dog, in passing.

FLOWERING SHRUBS.

Pink Mezerion.
Dwarf double-flowering Almond.
Double Purple Tree Peony.
Chinese White Magnolia. (*Conspicua*.)
Soulange's Magnolia.
Sweet-scented Magnolia. (*M. glauca*.)
White Fringe Tree.
Garland Deutzia. (*D. Scabra*.)
Broad-leaved Laburnum.
Rose Acacia.
Tartarian Tree-Honeysuckle, red and white.
Double White Hawthorn.
Double Pink Hawthorn.
Fragrant Clethra.
Oak-leaved Hydrangea.
Venitian Sumac or Purple Fringe.
Buffalo Berry, (male and female.)
Siberian Lilac.
The Althea or Hibiscus Syriacus.
Colutea Arborescens.
Chinese double-flowering Apple.
Deutzia Gracillia.
All the Spireas.
Snowball, (common though beautiful.)
Dwarf Dogwood.
Pyrus Japonica.
Euonymus, (burning bush.)
Forsythia.
Philadelphus, (Mock Orange.)
Symphora.
Wiegeilla Rosea.

PERENNIAL PLANTS.

Dicentra Spectabilis.
Plumbago.
White and Pink Phlox.
[There are from twenty to thirty common Phloxes, many of them dwarf, of beautiful colors and much admired.]
Companulas.
Chrysanthemums, (summer and fall.)
Double Hollyhocks.
Pæonias, (white and red.)
Iris, (pale blue, very fragrant.)
Sweet William.
Valeriana.
Persian Lilac.

CLIMBING SHRUBS AND VINES

Some of the finest and hardest climbing shrubs are the following:

Large flowering Trumpet Creeper.
Queen of the Prairie Rose.
Chinese Glacine, (Wistaria.)
Double Purple Clematis.
Clematis Flammula, Florida and Siboldii.
Monthly Fragrant Honeysuckle.
Chinese Twining Honeysuckle.
Yellow Trumpet Honeysuckle.
Scarlet Trumpet Honeysuckle.
Japan Evergreen Honeysuckle.
Chinese Bignonia.
Virginia Creeper.
Periwinkle, (as a creeper for shady places.)

CLIMBING ROSES.

Queen of the Prairies.
White Multiflora.
Laura Davoust, (half-hardy.)
Baltimore Belle.

TRAILING ROSES.

Fellenberg.
Glory of Rosamond.
Monstrosa.
Baron Prevost.
Noisette Superba.
La Reine.

MONTHLY ROSES.

Hermosa, pink.
Cels, blush and pink.
Devoniensis, creamy white.
Archduchess, pure white.
Giant of Battles, crimson.
Louis Philippe, red.
Souvenir, blush.
Luxemborg, buff.
Queen of Lombardy, deep rose.
Saffrana, yellow buff.
Daily, light pink.
Prince Albert.
Garibaldi.
Triomphe l'Exposition.
Monthly Cabbage.

CLOCKS MADE OF FLOWERS.

The periodicity of plants in opening and closing their blossoms, has enabled botanists to form floral dials or clocks, by means of which the different hours of the day may be ascertained.

At 3 o'clock A. M., the Goatsbeard blossom opens.

At 4 o'clock the Dandelion.

At 5 o'clock the Hawk's-beard, (*Crepis teetorium*.)

At 6 o'clock the Vipers-grass, (*Scarzonera*.)

At 7 o'clock, flowers of the common Lettuce open.

At 8 o'clock, Venus' looking-glass, (*Specularie specu*.)

At 9 o'clock, Creeping mouse-ear hawk-weed.

At 10 o'clock, the purple savin, (*Juniperus sabina*.)

At 11 o'clock, the Star of Bethlehem.

No plant by its flowering distinctly marks mid-day, although many varieties of fig-trees do blossom about that time.

At 1 P. M., the Succory (*Chicorium*.) opens.

At 2 P. M., the Squill Hyacinth.

At 3 P. M., the common Marigold, (not reliable.)

At 4 P. M., the Four-o'clock.

At 5 P. M., the Flower-of-the-wall (*Hieracum murarum*.)

At 6 P. M., Evening Primrose.

At 7 P. M., the Night-blooming Cereus, (*Noctiflora*.)

At 8 P. M., Marvel of Peru, (*Mirabilis jalapa*) uncertain.

At 9 P. M., the Mournful Geranium, (*Geranium trieste*)

Of course, from various causes, these fair visitors are not always punctual to the minute—yet, "a plant accustomed to flower in daylight at a certain time, will continue to expand its flowers at the wonted period, even when kept in a dark room. Decandolle made a series of experiments in the flowering of plants kept in darkness, and in a cellar lighted by lamps. He found that the law of periodicity continued for some time to operate, and that in artificial light, some flowers opened, while others, such as species of *Convolvulus*, still followed the clock hours in their opening and closing.—*Working Farmer*."

TOO GOOD TO LIVE LONG.

Dr. Hall somewhat widely known through his *Journal of Health*, publishes another monthly, which, from its excellence, we fear will not flourish in these degenerate times. He says of it :

"While it is not, professedly, a religious publication, it never by any chance contains a sentence, a line, or a word adverse to the Bible, to religion, or the Sabbath-day ; nor a sentiment contrary to what is usually received by the friends of evangelical Christianity."—*Herald of Progress*.

D E A T H - T R A P S .

MR. EDITOR: Those who have, in a measure, lost their health have learned by experience what the unthinking and careless do not know. Strolling through the Central Park, I passed with the crowd into a kind of vault or cave, which was delightfully cool and refreshing; it was provided with seats which were well filled. The temperature within and without was very dissimilar, hence I remained a very short time. On emerging from this retreat, a friend at my side who had not a remembered pain in twenty years, complained of considerable discomfort in drawing in his breath, a fact and a lesson of considerable practical importance, by which the multitudes of merry visitors to our beautiful Central Park, during the coming spring-time and summer, may be warned that in visiting the cave it is best to tarry but for a moment and pass directly on.

I recently visited a Mission Chapel in Sixth avenue, which is well filled with children, twice every Sunday; on any fine day, the windows will be found dropped down, by which the cold air falls immediately on the heads of the little ones. I counted twenty-six persons coughing or sneezing within the hour. In one week the minister reported three deaths from among the children who had assembled there the previous Sabbath. On one occasion, the sexton refused to close the windows at a gentleman's request, who consequently felt obliged to leave the church. OBSERVER.

The remarks of our thoughtful correspondent remind us that the favorite method of airing the rooms of our public-schools is to drop the upper sash two, three, or more inches; the cold air being heavy, falls directly on the heads of the children who are ranged around the wall; and they are compelled to this ordeal daily. It is murderous. We knew a robust, healthy child made sick for a week by a single exposure of the kind; the lower part of the room being warm enough to cause the little thing to remark: "I was almost roasted." It should be impressed on the reader's mind for a life-time, that no air of a room or vehicle, however hot or foul it may be by a crowd and stove-heat, under any ordinary circumstances, is the one hundredth part as pernicious for one hour as a draft of the purest air from the poles for half that time on the occupant who remains still or is a little heated. The very worst that can occur from a crowded omnibus or city car, or from any stove-heated room or church, or other apartment under any common occasion, is a swoon from which the person will recover, perfectly, in a few minutes; but a draft of cold air on a perspiring person for five minutes, or on a person sitting still until chilled, has resulted in life-long maladies, and in death within a week in millions of instances. Better a thousand times faint by foul air and be as well in ten minutes as ever, as will certainly be the case, than by a draft of delicious cool air, have an attack of Pneumonia, of Pleurisy, or some other equally dangerous and fatal disease; for if these ailments do not prove fatal, they always are attended with a very slow recovery; a recovery after months of discomfort oftener than of weeks; and sometimes they leave life-long ailments.

A NEW EXERCISE.

MANY invalids, sedentary and weakly persons, have found it a serious obstacle in the way of their restoration to health, that they had nothing to do in certain seasons and states of the weather; nothing that they could do which would secure to them the benefit of those bodily activities which have so great an influence not only in working off the old, diseased, decayed, and otherwise useless particles of the system, but in preparing newer, fresher, and more healthy ones to supply their place. To many, an objectless walk, or drive, or ride is a great bore; so is the sawing of wood, and various forms of domestic employments, as they do not exhilarate and interest. Under these circumstances, the parlor-skate, made to go on rollers, attached to the feet and propelled by the same motions as in the common skates for ice, is a most valuable invention. These skates cost from two to five dollars a pair, and are best used on a wooden floor or oil-cloth. Parlor-skating is a most admirable means of strengthening the ankles, than which nothing is more necessary to grace and agility of bodily movements. It is superior to dancing as a mere exercise, because it calls into play a greater number of muscles, brings them into more active exercise and can be done independently: dancing alone is not to be thought of. The variety, grace, and agility of motions obtained by some of the young parlor-skaters is wonderful, as may be seen any day or evening by a visit to Palace Gardens or 446 Broadway.

PURE MILK FOR CHILDREN.—It is the general testimony of city physicians that many children become diseased and die, especially in warm weather, from two causes: bad milk and change of kind; using that of one cow to-day and of another to-morrow. Following the example of the veteran editor of the *American Medical Gazette*, Prof. Reese, of the New-York Medical College and Charity Hospital, one of the most accomplished medical scholars on this side the Atlantic, we commend from personal knowledge in a two years' use, the milk furnished by the Rockland County and New-Jersey Milk Association, under the energetic and vigilant superintendence of Mr. S. W. Canfield. This Company has its depot in Rockland county, where there are no distilleries; the milk is taken charge of by the agent while yet warm from farm-house cows, is stirred until cooled; then, being placed in cans surrounded with ice, is forwarded by the Erie Railroad to the city office at No. 146 Tenth street.

Here it is put in cans which are locked and sent direct to customers, who have duplicate keys, thus preventing adulteration by the milkmen. Any family desiring it, can have milk supplied from the same cow during the season, and pure cream at 37½ cents per quart.

GET THE BEST.—*The New-York Commercial Advertiser*, one of the oldest and most substantial of the newspapers published in this city, said in its issue for November 19th, of the WORCESTER PIANO: "They have stood the test of so many years that they hardly need a word of encomium now. For the better part of a generation, they have been constantly before the public, all of them, old and new, proving by their stability and constancy the skill with which they are constructed. For durability of tone, for evenness and uniformity of work, and for excellence of frames, these pianos may well challenge competition. We know instruments of Mr. Worcester's turn out, that have borne the thummings of fifteen years, and remain as perfect in tone and in build as in their first estate. The number made at this factory is largely increased from year to year." We cordially add the testimony of our own experience to the truth of the *Commercial's* statement, which we find also indorsed in our Southern exchanges.

BIBLIOGRAPHICAL.—Dr. Bodenhamer, formerly of Kentucky, now at 854 Broadway, New-York, whom we have represented in these pages as having no superior, if even an equal, in this or any other country, in the treatment of fistulas, fissures, piles, and other diseases of contiguous textures, has just placed himself at the head of American surgery in that department by the issue of a work on the *Malformations of the Rectum and Anus*, which, by the leading medical periodicals and the private testimony of a number of the most distinguished medical professors in the nation, is pronounced "exhaustive;" that it is a work which "must be considered by far the most valuable, if not the only text-book on the subject."

EYES.—Prof. Mark Stephenson, of Fifth Avenue, has obtained a high position among the profession in the treatment of all diseases of the eye.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

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[No. 6.

MARVELS OF MAN.

WHILE the gastric juice has a mild, bland, sweetish taste, it possesses the power of dissolving the hardest food that can be swallowed; it has no influence whatever on the soft and delicate fibers of the living stomach, nor upon the living hand, but, at the moment of death, it begins to eat them away with the power of the strongest acids.

There is dust on sea, on land; in the valley, and on the mountain-top; there is dust always and every where; the atmosphere is full of it; it penetrates the noisome dungeon, and visits the deepest, darkest caves of the earth; no palace-door can shut it out, no drawer so "secret" as to escape its presence; every breath of wind dashes it upon the open eye, and yet that eye is not blinded, because there is a fountain of the blandest fluid in nature incessantly emptying itself under the eyelid, which spreads it over the surface of the ball at every winking, and washes every atom of dust away. But this liquid, so mild, and so well adapted to the eye itself, has some acidity, which, under certain circumstances, becomes so decided as to be scalding to the skin, and would rot away the eyelids were it not that along the edges of them there are little oil manufactories, which spread over their surface a coating as impervious to the

liquids necessary for keeping the eye-ball washed clean, as the best varnish is impervious to water.

The breath which leaves the lungs has been so perfectly divested of its life-giving properties, that to rebreathe it, unmixed with other air, the moment it escapes from the mouth, would cause immediate death by suffocation; while if it hovered about us, a more or less destructive influence over health and life would be occasioned; but it is made of a nature so much lighter than the common air, that the instant it escapes the lips and nostrils, it ascends to the higher regions, above the breathing-point, there to be rectified, renovated, and sent back again, replete with purity and life. How rapidly it ascends, is beautifully exhibited any frosty morning.

But foul and deadly as the expired air is, Nature, wisely economical in all her works and ways, turns it to good account in its outward passage through the organs of voice, and makes of it the whisper of love, the soft words of affection, the tender tones of human sympathy, the sweetest strains of ravishing music, the persuasive eloquence of the finished orator.

If a well-made man be extended on the ground, his arms at right angles with the body, a circle, making the navel its center, will just take in the head, the finger-ends, and feet.

The distance from "top to toe" is precisely the same as that between the tips of the fingers when the arms are extended.

The length of the body is just six times that of the foot; while the distance from the edge of the hair on the forehead, to the end of the chin, is one tenth the length of the whole stature.

Of the sixty-two primary elements known in nature, only eighteen are found in the human body, and of these, seven are metallic. Iron is found in the blood; phosphorus in the brain; limestone in the bile; lime in the bones, dust and ashes in all! Not only these eighteen human elements, but the whole sixty-two, of which the universe is made, have their essential basis in the four substances—oxygen, hydrogen, nitrogen, and carbon, representing the more familiar names of fire, water, salt-peter, and charcoal; and such is man, the lord of earth! a spark of fire, a drop of water, a grain of gunpowder, an atom of charcoal! But looking at him in another direction, these elements shadow forth the higher qualities of a diviner nature,

SCIENCE CHRISTIANITY'S HANDMAID.

of an immortal existence. In that spark is the caloric which speaks of irrepressible activity ; in that drop is the water which speaks of purity ; in that grain is the force by which he subdues all things to himself, makes the wide creation the supplier of his wants, and the servitor of his pleasure ; while in that atom of charcoal, there is the diamond, which speaks at once of light and purity, of indestructibility and of resistless progress, for there is nothing which outshines it ; it is purer than the dew-drop ; " moth and rust corrupt " it not, nor can ordinary fires destroy ; while it cuts its way alike through brass and adamant and hardest steel. In that light we see an eternal progression towards omniscience ; in that purity, the goodness of a divine nature ; in that indestructibility, an immortal existence ; in that progress, a steady ascension towards the home and bosom of God.

SCIENCE CHRISTIANITY'S HANDMAID.

SCIENCE is the knowledge of facts and principles ; art is their application to the utilities of life. It is a scientific fact that the magnet points unerringly to the pole ; by the application of this fact the mariner confidently navigates the trackless seas. On the scientific principle that nature abhors a vacuum, at least as high as thirty-two feet, the common water-pump is constructed. Science is truth itself as to all material things, as religion is truth itself as to the moral and spiritual world ; hence, science and religion must sustain each other, for truth stands by truth throughout the boundless empire of Omnipotence !

If then Christianity is a truth, science must sustain it wherever and whenever they come in contact, on whatever field they meet ; and Christianity being founded on the Bible, every Bible assertion will be corroborated by science whenever science speaks at all in reference to that assertion. In other words, as new facts are eliminated in the world's daily history, they can never fail to corroborate the assertions and assumptions of the Bible whenever they bear testimony to a common point. If therefore, the Bible should assert a fact of which there is no historical record, no confirmatory testimony in the world's history, the Christian has every thing to hope, and nothing to fear,

from investigation, from research, from actual discovery; hence, a true system of religion must become firmer and broader and deeper in its foundations, and towering the higher too as true knowledge advances. Hence also, true religion finds its interest in promoting learning, in fostering educational plans, in encouraging laborious investigation and brave research; for it looks to the light of truth and knowledge, and glories in it, as the flower looks upwards and basks in the light of the sun, while false systems hate the light, come not to it; they fear education and elevation and liberty, for their highest hope is in the darkness of ignorance, and in the chains of despotism.

Investigation, discovery, demonstration, these are the legitimate fields of science, these are its proper work, and in proportion to the acquisitions made by them throughout the world, will the Scriptures be confirmed; and by the mouth of these "two witnesses," science and the Bible, will true religion stand the stronger and the firmer with each real discovery. Hence, true religion is the foster brother of education, elevation, and research, and that system which cherishes ignorance and represses thought, may be known thereby to be false in its foundations the world over.

There is no employment of the present time more deeply interesting than that of collecting some of the more remarkable discoveries of later years, those of Layard, Rawlinson, and others, and comparing their testimonies with the literal expressions of the Scriptures made three thousand years ago. Their unity of idea is amazing! *Some* Old Testament statements have, as yet, found no confirmation in any human record; others were so palpably at variance with ascertained facts a few ages later, that some of the most enthusiastic believers in its divine authenticity were dumb under their announcement, and in trembling hopefulness could only say, "Wait." Centuries passed away and yet it was "Wait." Millenniums were numbered with a by-gone eternity, and they were waiting still; but within months, in number not large, the triumphant shout of victory comes through the air, crossing oceans, and traversing continents. From emboweled pyramids, from exhumed cities, from inscriptions hidden from the sun-light for one and two and three thousand years ago, comes the glad pean: "The Bible is true, and its author is God!"

Centuries before the Christian era, the mournful prophet declared that the stars of heaven could not be numbered; not in the unimpressive words of a mere announcement, but in the confident manner of one who feels that it is impossible to call the fact in question—"As the host of heaven can not be numbered." The people of his time looked out upon the sky of night and contemplated with wonder, what seemed to them an innumerable host of twinkling points. But they were not innumerable. Astronomy has counted and localized every one of them, and there are but about three thousand; the human eye can see no more, not another star; but the seer had said they could not be numbered!

One day during a past century, a German apprentice-boy was amusing himself in melting glass over a flame, when the idea of the telescope flashed across his mind, subsequently revealing the fact that there are more than three thousand stars; that in our own system there are millions; that there are a hundred millions of them yet to be located; and as science and art are constructing telescopes of wider range, not only other stars, but other systems of stars are coming up from the deep depths of the midnight sky; so that up to this hour, the systems have not been numbered, while each of them counts its multitude of millions of stars. Said not Jeremiah well: "As the host of heaven can not be numbered?"

Nearly a thousand years before the Christian era, Jonah said that it was a three days' journey to compass the city of Nineveh; a statement which might well challenge the admission of the most credulous, when it is remembered that London, the largest city in the world, with its two and a half million of inhabitants, covers only seventy-six thousand acres of land, and can be easily walked around in a day; and that a city, three times its size and population ever existed, is simply an absurdity. But the news has come to us that Layard has himself made the circuit of ancient Nineveh on the eastern bank of the Tigris, and that the "three days' journey" of the prophet is still required to compass its ruins, and it was of its physical dimensions, and not of its numerical population, that Jonah spoke.

Whole pages would be required to comprise the literal confirmations of incidental Scripture allusions, which the discoveries of Champollion, and Abbott, and Layard, and Rawlinson, and Gliddon, and others, have made in their exhumation and inter-

pretation of records on clay and stone and brass and imperishable adamant; of records preserved for two thousand years in entombed cities, traced on papyrus, stamped on coins, engraved in the solid rock, or sketched on palace wall and fallen column, on its capital and its base, on temple sill and lintel, never in a case falsifying a Scripture record, never in a case failing to corroborate when testifying to the same point.

As science then confirms true religion, it is to the highest interest of the latter to foster science, having nothing to fear, and much to hope from its development. For the encouragement which Christianity has given learning and art and science, behold the return in a single department! Three hundred years ago, copies of the Bible had to be made with the pen, while those who could read and write were so few, that not one of them could be spared by the state, so that if a traitor or a murderer could read and write, the gallows lost its due, and the bullet failed of its mark, because the "benefit of clergy," the "benefit," the advantage of being able to read, was, that he should go free. Then, it required a laboring man's pinching savings for a good lifetime to purchase a Bible; but now, by virtue of what has been done by such sons of science and art as Fulton and Watt and Morse and Bauer and Hoe and others like them, the price of a Bible can be easily earned in a single day, and these men are thus, in a sense, missionaries of the cross, with Martin and Buchanan and Judson and Heber and their brother worthies, while scientific books and papers are their "sermons" and their "tracts," the legitimate use of which is the advancement of a high form of civilization, and it is there where religion shines the brightest, and shows its greatest power. Thus is it that science and art and true Christianity go hand in hand; triple brothers are they, mutually aiding each other, the advance of one being promoted by the prosperity of the others, and as they progress man is elevated, society is purified, and the world made free. Christianity cherishes learning; learning establishes Christianity. The head and the heart are cultivated together, side by side they grow, the one in purity, the other in power; and fast friends will they be until time's ending, making on the earth meanwhile, gardens out of every desert, scattering flowers where only thorns grew before, and clearing away from every physical and moral waste the blots and blurs which mar the beauty of the material and moral world.

WHAT MOTHERS CAN DO.

WHAT MOTHERS CAN DO.

FORTY-TWO years ago there was born to the wife of a poor and obscure blacksmith, a son. The father died, and, soon after, the mother; and their history and memory perished from before men. The infant child was left to the care of whomsoever might take a fancy to it; but as months passed, then years, one friend took it up and then another; and how, he could scarcely tell himself, he obtained a collegiate education and found his way into the ministry; when, one day, a thousand miles away from the play-grounds of his childhood, after preaching to a large attentive audience, an old lady met him at the foot of the pulpit-stairs and said: "I was present at your birth: I knew your mother well, and I do not wonder you have risen to be a minister of the Gospel, for it was her habit to give you to the Lord in prayer before you were born." Blessed mother! unknown to the rich and great of her time, known, perhaps, even to her neighbors only as the "blacksmith's wife," she worked, and lived, and loved, and prayed in her poor little obscure sphere, until it was her Master's will that she should go up higher; and she went early, because she was early ready; but her works follow after and upward unto heaven, as one by one souls saved by her son's instrumentality cross over Jordan, and meeting her with other angels bright on the better bank, they join hand to hand and file away upward to the Father's bosom, chanting in glory: "Saved by grace through her prayers."

More than a hundred years ago there lived in London the wife of a sea-captain: who were her ancestors, where she was born, or what of her life, no one knows or ever will know now. She was early left a widow with a fatherless child; but she feared God and felt her responsibilities to the child of her love. But in spite of a mother's teachings he went to sea and became one of the most profligate of young men; but never, in all his wanderings and dissipations, could he rid himself of the remembrance of the sad, pale, and sweet face of his mother, nor her earnest, patient, and loving teachings. She died, but her

prayers bound him fast to the throne of God, and John Newton became one of the best of men. His pious conversation was the means of converting Dr. Buchanan, whose work, *Star in the East*, led Adoniram Judson to the Saviour, converted Dr. Scott, the commentator; Cowper's piety was deepened, Wilberforce became a changed man, and wrote a *Practical View of Christianity*, which converted Legh Richmond, who wrote the *Dairyman's Daughter*, and how many souls that book has awakened and led to the Saviour, and will continue to do, only the records of eternity can tell. Mothers! however poor, and obscure, and unknown, look upon your boy-child and remembering what God hath wrought through such as you, take courage, and pray in faith that the same he can do by you.

THE INSTINCT OF APPETITE.

CHEMICAL analysis and physiological research have established, beyond dispute, that every article of food and drink is composed of elements differing in quantity or quality. It is equally true that the various parts of the human frame are different in their composition, as the bone, the flesh, the nerve, the tendon, etc. But there is no element in the human body which is not found in some article of food or drink. A certain normal proportion of these elements, properly distributed, constitutes vigorous health, and forms a perfect body. If one of these elements be in excess, certain forms of disease manifest themselves; if there is not enough, some other malady affects the frame. When the blood contains less than its healthful amount of iron, it is poor, watery, and comparatively colorless; the muscles are flabby, the face pale, the eyes sunken, the whole body weak, the mind listless and sad. If the bones have not enough lime, they have no strength, are easily bent, and the patient is rickety; if there is too much lime, then the bones are brittle, and are broken by the slightest fall or unusual strain. The highest skill of the physician in these cases consists in determining the excess or deficit of any element, and in supplying such food or drug as will meet the case; when the medical attendant can not determine what is wanting nor

THE INSTINCT OF APPETITE.

furnish the supply, nature is often loud enough in her calls, through the tastes or appetites, to indicate very clearly what item of food or drink contains the needed elements ; this is the "Instinct of Appetite." Chemistry is unable to say of but one article of human food, that it contains all the constituents necessary to supply the human body with every element requisite for its welfare, and that is pure milk, as supplied by the mother of the new being ; but after the first years of life, the body demands new elements, in order to enable it to meet the duties which increasing age imposes ; hence, nature dries up this spring, as being no longer adequate, and compels the search for other kinds of sustenance, showing that milk is a proper sole food for the young ones ; and healthy grown persons who live upon it mainly will always become invalids.

All kinds of life, whether vegetable or animal, have within them a principle of preservation, as well as of perpetuity ; were that not the case, all that breathes or grows would die ; this principle or quality is common to man and beast, and all that springs from root or seed ; it is named "Instinct." It is instinct which calls, by thirst, for water, when there is not fluid enough in the system. It is instinct which calls for food, by hunger, when a man is weak and needs renovation. It is curious and practically valuable as a means for the removal of disease, to notice the working of this instinct, for it seems to be almost possessed with a discriminating intelligence ; certain it is, that standard medical publications give well-authenticated facts, showing, that following the cravings of the appetite, the animal instinct has accomplished far more than the physician's skill was able to do ; has saved life in multitudes of cases, when science has done its best, but in vain.

About three years ago, the little daughter of a farmer on the Hudson river, had a fall, which induced a long, painful and dangerous illness, ending in blindness ; medication availed nothing. By accident, a switch containing maple buds was placed in her hands, when she began to eat them, and called earnestly for more, and continued to eat them with avidity, improving, meanwhile, in her general health for some fifteen days or more, when this particular relish left her, and she called for candy, and, as in the case of the buds, ate nothing else for two weeks, when this also was dropped, a more natural taste returning

with returning eyesight and usual health. This was instinct calling for those articles of food which contained the elements the want of which laid between disease and recovery.

A gentleman aged thirty-six, seemed to be in the last stages of consumptive disease, when he was seized with an uncontrollable desire for common table-salt; he spread it in thick layers over his meat, and over his bread and butter; he carried it in his vest-pocket, which was daily emptied by eating a pinch at a time. He regained his health, and remained well for years afterwards.

More recently, a case occurred in England of a child gradually declining in health, in spite of all that could be done by a remarkably shrewd and observant physician. On one of his visits, he found the father sipping a glass of toddy. The thought occurred to the doctor to offer some of it to the child, who took it with great satisfaction. The hint was improved; more was given, and more; and for two months this child of two years old lived almost wholly on whisky-toddy, when the desire declined, a more natural appetite returned, the health improving every hour, and was eventually entirely restored; but ever thereafter the child loathed the very smell or even sight of whisky-toddy.

A similar case is reported where a sick child took a pint of ale daily, and nothing else for many days, ultimately recovering, when the sight of an ale-bottle could not be endured. The child of a New-Yorker was supposed to be dying of the "summer complaint." As a last and desperate resort, it was hurried off to Rockaway in August, having the (usually considered fatal) hiccup when it started. Immediately on its arrival, on a cold, raw, chilly evening, about an hour after sundown, some fresh milk from the cow was instantly boiled and offered to it. It was with difficulty that the bowl could be withdrawn from its poor emaciated fingers. After an hour's interval more milk was given, and nothing else, for a number of days. That child is now one of the heartiest, healthiest girls in New-York!

In the cases above given, the children could not name their cravings; but accident threw in their way what the instincts required. Grown persons can express their cravings. There are many persons who can record, from their own personal experience, the beginning of a return to health, from gratifying

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some insatiate desire. The celebrated Professor Charles Caldwell was fond of relating in his lectures, that a young lady, abandoned to die, called for some pound-cake, which "science" would have pronounced a deadly dose; but as her case was considered hopeless, she was gratified, and recovered, living in good health afterwards. But in some forms of dyspepsia, to follow the cravings is to aggravate the disease, life is made intolerable, and suicide closes the scene. In low fevers, typhoid, yielding to the cravings is certain death.

To know when and how to follow the instinct of appetite, to gratify the cravings of nature, is of inestimable value. There is a rule which is always safe, and will save life in multitudes of cases, where the most skillfully "exhibited" drugs have been entirely unavailing. Partake at first of what nature seems to crave, in very small quantities; if no uncomfortable feeling follows, gradually increase the amount, until no more is called for. These suggestions and facts find confirmation in the large experience of that now beautiful and revered name, Florence Nightingale, whose memory will go down with blessing and honor side by side with that of the immortal John Howard to remotest time. She says: "I have seen, not by ones or tens, but by hundreds, cases where the stomach not only craves, but digests things which have never been laid down in any dietary for the sick, especially for the sick whose diseases were produced by bad food. Fruit, pickles, jams, gingerbread, fat of ham, of bacon, suet, cheese, buttermilk, etc., were administered freely, with happy results, simply because the sick *craved* them."

THE ACHIEVEMENTS OF SCIENCE.

NEVER, in the history of the world, has science been more actively and efficiently engaged in pushing its researches, than now; and mainly because this is an age of peace. Hitherto war has been the rule—peace the exception. Now, it is the reverse. Time is allowed to men to apply their mental energies to more elevated and useful purposes than slaying one another, pillaging cities, and subverting empires. The steam-engine saves labor; the telegraph economizes time; hence, less work, greater comfort, and more leisure are secured

to the busy brain-worker — leisure for devising appliances which shall be the instrumentalities of a higher civilization, at once ennobling and happyfying. Horrid wars, in the past, destroyed the populations; gentle peace, in the present, increases them. But to preserve the increasing millions physically science must be appealed to; morally, religion. Thus it is that, in every year of the world's future history, science will become more perfectly the hand-maid of religion, and they will be co-workers in making this earth an Arcadia more enrapturing than any of which philosopher ever dreamt, or poet sang, but which the prophets of Divinity pre-shadowed in the declaration: "The desert shall bud and blossom as the rose." A double verification; for while science will cover the Saharas of the world with waving grass and bending corn, our holy religion will fructify the moral wastes and make of earth a paradise fit for the home of angels.

In proportion as the population of the world increases, the aids of science are becoming more and more indispensable towards making two blades of grass grow where before there grew but one; and the acre of to-morrow must yield the double of to-day's. Hence, a brighter and a better day is dawning for men of mind—for those who possess inventive genius and combine with it the industry and the love of its exercise and application. Hard is the heart which does not sorrow over the ill requital of the men of a generation or two ago, whose whole lives were expended in wearing anxiety of mind and wasting toil of body, in poverty, if not even in destitution, in eliminating machineries which were destined to enrich those whom they never knew; in whose veins no kindred blood flowed, while they themselves were to end their labors and their lives in sight of fruitions which the hands of them and theirs were never to gather!

It was a sad record of two weeks ago (*Scientific American*, page 276) that, in a single branch of an industrial department, the men who, during the last century, initiated machineries which now fill the mouths of millions of the two greatest nations on earth with bread, died miserably poor; and some of their immediate descendants were only saved from death by want, through public pity! The prospect, however, is cheering, that a better fate and a higher reward await the Kays, and

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Pauls, and Higbeys, and Hargreaves, and Whitneys, of the present and coming generations, and that they will become the Arkwrights, the Cramptons, and the Peels of our own time, for because of them "Cotton is King!"

Whatever may have been the demands of past ages, inventive genius is the necessity of the present. If the sword has hitherto reigned supreme, science must be its successor. The sword may initiate or construct an empire, but science, in its application to industrial pursuits, in the direction of machineries for manufactories, and implements for farms, must be invoked to sustain it. Nations can live by the sword no longer, for the dominion of barbarism has passed away, and empire must be humanitarian and Christian, founded on true knowledge and its wise application.

WE WRONG OUR DAUGHTERS.

WE wrong them in that we compel them to marry. Our sons marry or not, as they please, whenever it suits their convenience, or whenever they can tease some body into taking them "for better or for worse," and the parents say it's all right; but they must marry off their daughters, get rid of them, and speedily, too, or they will be *old maids*, and so disgraced forever. The love of the parent succumbs to public opinion, to tyrant custom, and for fear of the "world's dread laugh," they send forth their young daughters into the soul-mart to be sold to the first, or more probably the highest bidder. Must not this be humiliating—galling—more bitter than rue?

The remedy for this wrong lies in giving your daughter some other aim in life except marriage, so that this may become to her a matter of will, not of necessity. Girls, as well as boys, ought to have something in view—something to stimulate them, something to bring out their energies. It is usual with parents to ask their sons, as soon as they are old enough to understand the question: "What do you intend to be?"

The boy's inclinations are watched, his tastes ascertained, his abilities weighed, in order that they may be better able to decide what shall be his future course. When his career is settled, all his powers are concentrated, all his energies directed

to the accomplishment of that one object; his life becomes earnest, for he feels that he has a work to perform; he acquires a new dignity, for he is a person of importance in the world—he has a purpose in life; he is not a mere cipher. But what father among us, indulging and loving as he may be, turns from his proud boy, and while, perchance, a tear-drop glistens in his eye, lays his hand so tenderly on the broad white brow and silken tresses of his darling girl, and asks, with a strange tremor in his manly voice: “And what is my heart’s child going to be?” If ever such a thought crosses his mind, it usually amounts to nothing more than: “She will be a belle, and make a great match.” Thus, in every instance, the one everlasting and apparently inevitable idea of marriage, as though no woman had ever lived and died without being married, or without even desiring to be. I can not see why girls should be brought up to the idea that marriage is the “one thing needful,” the “*summum bonum*,” the “nothing more beyond.” I wish they would begin to think otherwise.—*Carolina Christian Monthly*.

SCIENCE AIDING JUSTICE.

THE facts embodied in the following narration, in connection with a recent murder-trial, show the value of scientific acquirements, and are of exceeding interest to a large class of our readers:

A traveler was found dead in his bed, one morning at a country tavern. His throat was cut at the side, the instrument having pierced the carotid artery; the victim had been for some time wasting away by disease. The landlord was one of the most influential and highly esteemed persons in the neighborhood, was extensively and well connected, and had a large and interesting family. Having been seen very late at night passing through the hall into which the traveler’s door opened, the suspicions of certain persons were aroused; and upon being taken into custody, a penknife was found in his pocket, with apparent blood-stains on the large blade, and something similar on the ivory handle. The knife was placed in the hands of an expert physiological chemist for examination. The stain was found

to be of blood, and not of iron-rust or paint, as it contained albumen and animal fiber. The blood on the handle contained a large amount of iron, that on the blade comparatively little. As human blood contains ten times as much iron as that of animals, it seemed certain that the knife in question could not have entered a human body; still there was a doubt, because in slow diseases there is a great deficit of iron in the blood, which deficit is a not unfrequent cause of death.

But as the blood on the ivory handle had the full amount of iron for a man in vigorous health, it seemed to show that there were two different kinds of blood, one human certainly, the other possibly so. Hence another mode of inquiry was proposed. The blood of animals and men crystallizes, but in different forms—that of men represented by a perfect square lengthened cube, called prismatic; that of animals, by the cube, tetrahedral, or several-sided hexagonal. This analysis removed the doubts connected with the proceeding, for it demonstrated that the blood on the blade was that of a lower animal, and that on the handle was certainly human.

A third line of investigation was pursued. All the inner surfaces of the human body are covered with a glairy-looking fluid called "mucus," which is differently constituted, according to the part of the body from which it is taken. As observed through a microscope, that which is found about the upper part of the throat presents the appearance of a pavement of bricks or square pieces, hence it is called "tesselated." The mucus from some other parts is conical, looking like a pavement made of round pieces flattened. A third kind, coming from the intestines, seems hairy, ciliated, waving like the tops of long grass under the influence of the wind. Examining the blood on the handle, which was now known to be that of a human being, it was found not to present the pavement-like appearance, but it did clearly show the wavy lines; it could not, therefore, have come from the throat, and as the traveler had no wound except that on the throat, and as the blood on the blade was clearly animal blood and not human, no part of the blood on the knife could have been that of the unfortunate traveler, and therefore the landlord was discharged, when he gave the following statement.

Some days before, while out hunting, he killed several squir-

rels, and stooped to cut a switch with a knob at the root, on which to string his game; the knife slipped as he cut upwards, and it penetrated the abdomen. In his haste, he wiped the knife clean with some leaves, closed the blade, and in attempting to put it into his pocket it fell on the ground; he picked it up and directed his steps homeward. In a few minutes, one of the squirrels slipped off; he pierced it through with his knife, strung it on the switch, and had not used the knife since. This was plausible, and he showed the wound, not yet entirely healed; but this could easily have been made to answer an object. The physiologist, therefore, proposed, as a mere matter of curious interest, to examine the blood on the blade, and also that on the handle. That on the handle was wavy, ciliary, with the largest amount of iron, showing that it must have been from a man of robust health, and the mucus from the abdomen is always ciliary and never tessellated. Again, the blood adhering to a knife penetrating a living body coagulates—that entering a body already dead never does. The blood on the blade, already shown to be that of a mere animal, was now found to be incoagulable. Hence, that on the blade was shown to be the blood of a mere animal already dead; that on the handle was the blood of a man in vigorous health, and could not have come from the throat, and almost certainly came from the abdomen. When the knife fell on the ground, the handle touched some of the leaves with which it had just been wiped. Thus the chain of evidence for the landlord's innocence was unbroken and perfect. The real culprit was subsequently found, tried, and executed, confessing his guilt.

It is certain that in the progressive march of science and art, the unchangeable laws of nature will be better understood—correcting the errors and fallacies of human judgment; and the testimony of Science will thus aid Justice in forming her opinions and enabling her to give her decisions *with her eyes open*.

“Be temperate in all things.”—*Bible*.

“He that hateth suretyship is sure.”—*Ib.*

“Do justly, love mercy, and walk humbly with thy God.”—*Ib.*

“True religion, and undefiled, is this to visit the fatherless and widows in their affliction, and to keep himself unspotted from the world.”—*Ib.*

NOTHING BUT A COLD.

(From Hall's Journal of Health, \$1 a year, New-York.)

THE immediate cause of a vast number of cases of disease and death is a "cold;" it is that which fires a magazine of human ills; it is the spark to gunpowder. It was to a cold taken on a raw December day, that the great Washington owed his death. It was a common cold, aggravated by the injudicious advice of a friend which ushered in the final illness of Washington Irving. Almost any reader can trace the death of some dear friend to a "little cold."

The chief causes of cold are two: 1st, cooling off too soon after exercise; 2d, getting thoroughly chilled while in a state of rest without having been overheated; this latter originates dangerous pleurisies, fatal pneumonias (inflammation of the lungs,) and deadly fevers of the typhoid type.

Persons in vigorous health do not take cold easily; they can do with impunity what would be fatal to the feeble and infirm. Dyspeptic persons take cold readily, but they are not aware of it, because its force does not fall on the lungs, but on the liver through the skin, giving sick-headache; and close questioning will soon develop the fact of some unusual bodily effort, followed by cooling off rapidly.

A person wakes up some sunny morning, and feels as if he had been "pounded in a bag;" every joint is stiff, every muscle sore and a single step can not be taken without difficulty or actual pain. Reflection will bring out some unwonted exercise, and a subsequent cooling off before knowing it—as working in the garden in the spring-time; showing new servants "how to do," by turning themselves into chambermaids, waiters at table, and pastrycooks, Bridget being 'cute enough not to learn, "on purpose," (why should she, when she is paid full wages to oversee her mistress!) in going a "shopping," the particular pest of city husbands—an expedition which taxes the mind and body to the utmost; the particular shade of a ribbon, the larger or smaller size of a "figure" on a calico dress, or a camel's hair shawl; whether the main flower of a bonnet shall be "Jimson" or a rose-bud; whether the jewelry shall sport a Cupid's arrow or a snake's head; these and similar debatable points on a thousand "little nothings," rouse their minds to a pitch of interest and excitement scarcely excelled by that of counselors of state in determining the boundaries of empires or the fate of nations.

Of course they went out upon that expedition dressed within an inch of life, as if for a ball, an opera, or a court reception, to return home exhausted in body, depressed in mind, and thoroughly heated; the first thing done is to toss down a glass of water to cool off the inner — woman; next to lay aside bonnet, shawl, and "best dress," to cool the outer; then to "blaze away at every body in general, and the poor unfortunate husband in particular, if he has not had the gumption before then, to learn to give a wide berth on such occasions, to cool the upper — man:

lastly, to put on a cold dress, lie down on a bed in a fireless room, and fall asleep, to wake up with infinite certainty, to a bad cold, which is to confine to the chamber for days and weeks together, and not unseldom, carries them to the grave!

A little attention would avert a vast amount of human suffering in these regards. Sedentary persons, invalids, and those in feeble health, should go directly to a fire after all forms of exercise, and keep all the garments on for a few minutes; or, if in warm weather, to a closed apartment, and, if any thing, throw on an additional covering. When no appreciable moisture is found on the forehead, the out-door garments may be removed. The great rule is, cool off very slowly always after the body has in any manner been heated beyond its ordinary temperature.

HEALTH TRACT, No. 37.

(From Hall's Journal of Health, New-York.)

PRECAUTIONS.

1. NEVER sleep in a room where there is any green paper on the walls, as this color is made of arsenic or lead; the former is by far the most dangerous, being scheeles green, and is known positively by a drop of muriatic acid on the green leaving it white.

2. White glazed visiting-cards contain sugar of lead, and will poison a child who is tempted to chew them from the slight sweetish taste.

3. Green glazed cards used for concert-tickets, are still more poisonous; a single one of them contains a grain and a half of arsenic, enough to kill a child.

4. Never put a pin in the mouth or between the teeth, for a single instant, because a sudden effort to laugh or speak, may convey it into the throat, or lungs, or stomach, causing death in a few minutes, or requiring the windpipe to be cut open to get it out; if it has passed into the stomach, it may, as it has done, cause years of suffering, ceasing only when it has made its way out of the body through the walls of the abdomen or other portion of the system.

5. It is best to have no button or string about any garment worn during the night. A long, loose night-gown is the best thing to sleep in. Many a man has facilitated an attack of apoplexy by buttoning his shirt-collar.

6. If you wake up of a cold night, and find yourself very restless, get out of bed, and standing on a piece of carpet or cloth of any kind, spend five or ten minutes in rubbing the whole body vigorously and rapidly with the hands, having previously thrown the bed clothing towards the foot of the bed so as to air both bed and body.

7. If you find that you have inadvertently eaten too much, instead of taking something to settle the stomach, thus adding to the load under which it already labors, take a continuous walk with just enough activity to keep up a very slight moisture or perspiration on the skin, and do not stop until entirely relieved, but end your exercise in a warm room, so as to cool off very slowly.

8. Never put on a pair of new boots or shoes on a journey, especially on a visit to the city; rather wear your easiest, oldest pair, otherwise you will soon be painfully disabled.

9. A loosely-fitting boot or shoe, while traveling in winter, will keep the feet warmer, without any stockings at all, than a tight pair, over the thickest, warmest hose.

10. Riding against a cold wind, immediately after singing or speaking in public, is suicide.

11. Many public speakers have been disabled for life by speaking under a hoarseness of voice.

12. If you happen to get wet in cold weather, keep moving on foot with a rapidity sufficient to keep off a feeling of chilliness until you get into a house, and not waiting to undress, drink instantly and plentifully of hot tea of some sort; then undress, wipe dry quickly, and put on warm, dry clothing.

13. Never go to bed with cold feet, if you want to sleep well.

14. If a person faints, place him instantly flat on a bed, or floor, or earth, on his back, and quietly let him alone at least for ten minutes; if it is simply a fainting-fit, the blood, flowing on a level will more speedily equalize itself throughout the system; cold water dashed in the face, or a sitting position are unnecessary and pernicious.

15. Never blow your nose, nor spit the product of a cough, nor throw a fruit-peel on the sidewalk.

HEALTH TRACT, No. 38.

(From Hall's Journal of Health, \$1 a year, New-York.)

HEALTHFUL OBSERVANCES.

1. To eat when you do not feel like it is brutal, nay, this a slander on the lower animals, they do not so debase themselves.

2. Do not enter a sick-chamber on an empty stomach, nor remain as a watcher or nurse until you feel almost exhausted, nor sit between the patient and the fire, nor in the direction of a current of air from the patient toward yourself, nor eat or drink any thing after being in a sick-room until you have rinsed your mouth thoroughly.

3. Do not sleep in any garment worn during the day.

4. Most grown persons are unable to sleep soundly and refreshingly, over seven hours in summer, and eight in winter; the attempt to force more sleep on the system by a nap in the daytime, or a "second nap" in the morning, renders the whole of the sleep disturbed and imperfect.

5. Some of the most painful "stomach aches" are occasioned by indigestion, this generates wind, and hence distension. It is often promptly remedied by kneading the abdomen with the ball of the hand, skin to skin, from one side to another, from the lower edge of the ribs downwards, because the accumulated air is forced on and outwards along the alimentary canal.

6. When you return to your house from a long walk or other exhaustive exercise, go to the fire or warm room, and do not remove a single article of clothing until you have taken a cup or more of some kind of hot drink.

7. In going into a colder atmosphere, keep the mouth closed, and walk with a rapidity sufficient to keep off a feeling of chilliness.

8. Two pair of thin stockings will keep the feet warmer than one pair of a greater thickness than both.

9. The "night sweats" of disease come on towards daylight, their deathly clamminess and coldness is greatly modified by sleeping in a single, loose, long woolen shirt.

10. The man or woman who drinks a cup of strong tea or coffee, or other stimulant, in order to aid in the better performance of any work or duty, public or private, is a fool, because it is to the body and brain an expenditure of what is not yet got; it is using power in advance, and this can never be done, even once, with impunity.

11. The less a man drinks of any thing in hot weather the better, for the more we drink the more we want to drink, until even ice-water palls and becomes of a metallic taste; hence the longer you can put off drinking cold water on the morning of a hot day, the better will you feel at night.

12. Drinking largely at meals, even of cold water or simple teas, is a mere habit and is always hurtful. No one should drink at any one meal more than a quarter of a pint of any liquid, even of cold water, for it always retards, impairs, and interferes with a healthful digestion.

13. If you sleep at all in the daytime, it will interfere with the soundness of your sleep at night much less, if the nap be taken in the forenoon.

14. A short nap in the daytime may be necessary to some. Let it not exceed ten minutes, to this end sleep with the forehead resting on a chair-back or edge of the table.

15. Never swallow an atom of food while in a passion, or if under any great mental excitement, whether of a depressing or elevating character; brutes won't do it.

HEALTH TRACT, NO. 39.

(From *Hall's Journal of Health*, \$1 a Year, New-York.)

PRESENCE OF MIND.

1. If a man faints, place him flat on his back and let him alone.
2. If any poison is swallowed, drink instantly half a glass of cool water with a heaping teaspoonful each of common salt and ground mustard stirred into it; this vomits as soon as it reaches the stomach; but for fear some of the poison may still remain, swallow the white of one or two raw eggs or drink a cup of strong coffee, these two being antidotes for a greater number of poisons than any dozen other articles known, with the advantage of their being always at hand; if not, a half-pint of sweet-oil, or lamp-oil, or "drippings," or melted butter or lard are good substitutes, especially if they vomit quickly.
3. The best thing to stop the bleeding of a moderate cut instantly, is to cover it profusely with cob-web, or flour and salt, half-and-half.
4. If the blood comes from a wound by jets or spurts, be spry, or the man will be dead in a few minutes, because an artery is severed; tie a handkerchief loosely around near the part *between the wound and the heart*!! put a stick between the handkerchief and the skin, twist it round until the blood ceases to flow, and keep it there until the doctor comes; if in a position where the handkerchief can not be used, press the thumb on a spot near the wound, *between the wound and the heart*; increase the pressure until the bleeding ceases, but do not lessen that pressure for an instant, until the physician arrives, so as to glue up the wound by the coagulation or hardening of the cooling blood.
5. If your clothing takes fire, slide the hands down the dress, keeping them as close to the body as possible, at the same time sinking to the floor by bending the knees; this has a smothering effect on the flames; if not extinguished, or a great headway is gotten, lie down on the floor, roll over and over, or better, envelop yourself in a carpet, rug, bed-cloth, or any garment you can get hold of, always preferring woolen.
6. If a man asks you to go his security, say, "No," and run; otherwise you may be enslaved for life, or your wife and children may spend a weary existence, in want, sickness, and beggary.
7. If you find yourself in possession of a counterfeit note or coin, throw it in the fire on the instant; otherwise you may be tempted to pass it, and may pass it, to feel mean therefor, as long as you live, then it may pass into some man's hands as mean as yourself, with a new perpetration of iniquity, the loss to fall eventually on some poor struggling widow, whose "all" it may be.
8. Never laugh at the mishaps of any fellow mortal.
9. The very instant you perceive yourself in a passion shut your mouth; this is one among the best precepts outside of inspiration.
10. The man who always exacts the last cent, is always a mean man; there is no "evacuant" in all the "*Materia Medica*" efficient enough to "purge" him of his debasement; he is beyond druggery.
11. Never affect to be "plain" or "blunt;" these are the synonyms of brutality and boorishness; such persons are constantly inflicting wounds which neither time nor medicine can ever heal.
12. Never be witty at another's expense; true generosity never dwelt in such a heart; it only wants the opportunity to become a cheat or a rogue.
13. If the body is tired, rest; if the brain is tired, sleep.
14. If the bowels are loose, lie down in a warm bed, remain there, and eat nothing until you are well.
15. If an action of the bowels does not occur at the usual hour, eat not an atom until they do act, at least for thirty-six hours; meanwhile drink largely of cold water or hot teas, and exercise in the open air to the extent of a gentle perspiration, and keep this up until things are righted; this one suggestion, if practiced, would save myriads of lives every year, both in city and country.
16. The three best medicines in the world are warmth, abstinence, and repose.

SOLDIERS' HEALTH.

From Hall's New-York Journal of Health.

1. In any ordinary campaign, sickness disables or destroys three times as many as the sword.

2. On a march, from April to November, the entire clothing should be a colored flannel shirt, with a loosely-buttoned collar, cotton drawers, woolen pantaloons, shoes and stockings, and a light-colored felt hat, with broad brim to protect the neck, eyes, and face from the glare of the sun and from the rain, and a substantial but not heavy coat when off duty.

3. SUN-STROKE may be prevented by wearing a silk handkerchief in the hat, or a white linen hood hat-cover, extending like a cape over the neck and shoulders.

4. COLORED blankets are best, and if lined with brown drilling the warmth and durability are doubled, while the protection against dampness from lying on the ground, is almost complete.

5. Never lie or sit down on the grass or bare earth for a moment; rather use your hat—a handkerchief even, is a great protection. The warmer you are, the greater need for this precaution, as a damp vapor is immediately generated, to be absorbed by the clothing, and to cool you off too rapidly.

6. While marching, or on other active duty, the more thirsty you are, the more essential is it to safety of life itself, to rinse out the mouth two or three times, and *then* take a swallow of water at a time, with short intervals. A brave French general, on a forced march, fell dead on the instant, by drinking largely of cold water, when snow was on the ground.

7. Abundant sleep is essential to bodily efficiency, and to that alertness of mind which is all-important in an engagement; and few things more certainly and more effectually prevent sound sleep than eating heartily after sun-down, especially after a heavy march or desperate battle.

8. Nothing is more certain to secure endurance and capability of long-continued effort, than the avoidance of every thing as a drink except cold water, not excluding coffee at breakfast. Drink even cold water very slowly.

9. After any sort of exhausting effort, a cup of coffee, hot or cold, is an admirable sustainer of the strength, until nature begins to recover herself.

10. Unless after a long abstinence or great fatigue, do not eat very heartily just before a great undertaking; because the nervous power is irresistibly drawn to the stomach to manage the food eaten, thus drawing off that supply which the brain and muscles so much need.

11. If persons will drink brandy, it is incomparably safer to do so *after* an effort than before; for it can give only a transient strength, lasting but a few minutes; but as it can never be known how long any given effort is to be kept in continuance, and if longer than the few minutes, the body becomes more feeble than it would have been without the stimulus, it is clear that its use *before* an effort is always hazardous, and is always unwise.

12. Never go to sleep, especially after a great effort, even in hot weather, without some covering over you.

13. Under all circumstances, rather than lie down on the bare ground, lie in the hollow of two logs placed together, or across several smaller pieces of wood, laid side by side; or sit on your hat, leaning against a tree. A nap of ten or fifteen minutes in that position will refresh you more than an hour on the bare earth, with the additional advantage of perfect safety.

14. A *cut* is less dangerous than a bullet-wound, and heals more rapidly.

15. If from any wound the blood spurts out in jets, instead of a steady stream, you will die in a few minutes unless it is remedied; because an artery has been divided, and that takes the blood direct from the fountain of life. To stop this instantly, tie a handkerchief or other cloth very loosely *BETWEEN!!* the wound and the heart; put a stick, bayonet, or ramrod *between* the skin and the handkerchief, and twist it around until the bleeding ceases, and keep it thus until the surgeon arrives.

16. If the blood flows in a slow, regular stream, a vein has been pierced, and the handkerchief must be on the other side of the wound from the heart; that is, *below* the wound.

17. A bullet through the abdomen (belly or stomach) is more certainly fatal than if aimed at the head or heart; for in the latter cases the ball is often glanced off by the bone, or follows round it under the skin; but when it enters the stomach or bowels, from any direction, death is inevitable under almost all circumstances, but is scarcely ever instantaneous. Generally the person lives a day or two with

perfect clearness of intellect, often *not* suffering greatly. The practical bearing of this statement in reference to the great future is clear.

18. Let the whole beard grow, but not longer than some three inches. This strengthens and thickens its growth, and thus makes a more perfect protection for the lungs against dust, and of the throat against winds and cold in winter, while in the summer a greater perspiration of the skin is induced, with an increase of evaporation; hence, greater coolness of the parts on the outside, while the throat is less feverish, thirsty, and dry.

19. Avoid fats and fat meats in summer and in all warm days.

20. Whenever possible, take a plunge into any lake or running stream every morning, as soon as you get up; if none at hand, endeavor to wash the body all over as soon as you leave your bed, for personal cleanliness acts like a charm against all diseases, always either warding them off altogether, or greatly mitigating their severity and shortening their duration.

21. Keep the hair of the head closely cut, say within an inch and a half of the scalp in every part, repeated on the first of each month, and wash the whole scalp plentifully in cold water every morning.

22. Wear woolen stockings and easy-fitting shoes, keeping the toe and finger-nails always cut moderately close.

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24. The most universally safe position, after all stunnings, hurts, and wounds, is that of being placed on the back, the head being elevated three or four inches only; aiding more than any one thing else can do, to equalize and restore the proper circulation of the blood.

25. The more weary you are after a march or other work, the more easily will you take cold, if you remain still after it is over, unless, the moment you cease motion, you throw a coat or blanket over your shoulders. This precaution should be taken in the warmest weather, especially if there is even a slight air stirring.

26. The greatest physical kindness you can show a severely-wounded comrade is first to place him on his back, and then run with all your might for some water to drink; not a second ought to be lost. If no vessel is at hand, take your hat; if no hat, off with your shirt, wring it out once, tie the arms in a knot, as also the lower end, thus making a bag, open at the neck only. A fleet person can convey a bucketful half a mile in this way. I've seen a dying man clutch at a single drop of water from the fingers' end, with the voraciousness of a famished tiger.

27. If wet to the skin by rain or by swimming rivers, keep in motion until the clothes are dried, and no harm will result.

28. Whenever it is possible, do, by all means, when you have to use water for cooking or drinking from ponds or sluggish streams, boil it well, and when cool, shake it, or stir it, so that the oxygen of the air shall get to it, which greatly improves it for drinking. This boiling arrests the process of fermentation which arises from the presence of organic and inorganic impurities, thus tending to prevent cholera and all bowel diseases. If there is no time for boiling, at least strain it through a cloth, even if you have to use a shirt or trowser-leg.

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34. To have "been to the wars," is a life-long honor, increasing with advancing years, while to have died in defense of your country will be the boast and the glory of your children's children.

SOLDIERS' HEALTH.

From Hall's New-York Journal of Health.

1. IN any ordinary campaign, sickness disables or destroys three times as many as the sword.

2. On a march, from April to November, the entire clothing should be a colored flannel shirt, with a loosely-buttoned collar, cotton drawers, woolen pantaloons, shoes and stockings, and a light-colored felt hat, with broad brim to protect the neck, eyes, and face from the glare of the sun and from the rain, and a substantial but not heavy coat when off duty.

3. SUN-STROKE may be prevented by wearing a silk handkerchief in the hat, or a white linen hood hat-cover, extending like a cape over the neck and shoulders.

4. COLORED blankets are best, and if lined with brown drilling the warmth and durability are doubled, while the protection against dampness from lying on the ground, is almost complete.

5. Never lie or sit down on the grass or bare earth for a moment; rather use your hat—a handkerchief even, is a great protection. The warmer you are, the greater need for this precaution, as a damp vapor is immediately generated, to be absorbed by the clothing, and to cool you off too rapidly.

6. While marching, or on other active duty, the more thirsty you are, the more essential is it to safety of life itself; to rinse out the mouth two or three times, and *then* take a swallow of water at a time, with short intervals. A brave French general, on a forced march, fell dead on the instant, by drinking largely of cold water, when snow was on the ground.

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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

JULY, 1861.

[No. 6.

REV. DAVID NELSON, M.D., D.D.,

THE AUTHOR OF THE CAUSE AND CURE OF INFIDELITY.

NEXT to the blessing of an intelligent and pious mother, is the privilege of knowing, in early life, a truly great and good man. The spectacle of intellect and piety embodied thus before us, lingers as a consecrated thing in the memory of after years, and leaves an indelible impression on the character. It was my rare privilege, at an early period of life, to form, under peculiar circumstances, an intimate acquaintance with the late Dr. Nelson, as intimate as could well exist between a youth of twenty and a man in the full maturity of his powers, in the zenith of his fame, and amidst the incessant activities of a most laborious and successful ministry. With every opportunity of unconstrained association, seeing him, hearing him, in public and in private, weekly, daily, in the pulpit, at the family altar, in the domestic circle, observing his habits of thought, his method of sermonizing, the books he read, the opinions he held, the various peculiarities of his intellect and character, if there be presented, in these sketches, an erroneous conception of this man, it must be attributed to want of capacity to appreciate him justly, and not to want of advantages for thorough knowledge.

NO. VI.—VOL. VIII.—1861.

This acquaintance was renewed from time to time by personal intercourse, during a period of fifteen or eighteen years, and after seeing and hearing many of the most distinguished ministers and theologians at home and abroad, the impression remains distinct and vivid that he was not only the prince of preachers, but the noblest of men, and the former precisely because he was the latter. He was a model of apostolic simplicity, sincerity, earnestness, and I might add, of apostolic grandeur. The holiness and greatness of the man would have awed you, had there not been an inexpressible human naturalness about him—a gentle human sympathy, sometimes a child-like *naïvete*, which fascinated and reassured you. You felt that there was the bond of a common nature between you. He, too, was a man; and as he talked, whether in his gayer or more solemn moods, you felt that the very depths of his being were laid open before you, and you held converse with a genuine human soul. His countenance, in some of its nobler aspects, was often recalled, in after-life, by that of Luther, in the best portraits of the great reformer; with less of breadth and comprehensiveness, indeed, yet never, even in that large Teutonic heart, was there a richer fund of humor, or a keener, quicker relish for merriment and harmless fun. His appreciation of the loveliness of female piety, as in all lofty minds, was exquisite, and in the society of the young daughters of his friends, just passing into womanhood, in the exuberant gayety of opening life, that grave and thoughtful countenance would sometimes relax into playful merriment; he would recite whole cantoes of their favorite poems, discuss the heroes and heroines of romance, kindle into enthusiasm as he dilated on the character of Rowena or Die Vernon, and shake his sides with laughter over the Fat Friar of Copmanhurst.

He had a profound knowledge of MAN and MEN, a profound comprehension of the universal elements of our nature, and a quick insight into individual character. To those who knew him only at a distance as the lofty orator, in public, in private only as the rapt and silent and meditative thinker, this may appear a paradox. But the very vividness of his interest in spiritual things made him only more widely awake and keenly sensitive in regard to all that concerned man's eternal destiny. Quick to perceive, and acute to analyze each aspect of human

nature that might harmonize with or oppose the great object of his ministry. Hence, it may be doubted whether he ever addressed, in his better days, an assembly of his fellow-men, without some deep and manifest impression, or ever personally approached a human being who did not feel and recognize his power. The man who touched and fascinated Marshall, and Breckinridge, and Denny, and Crittenden, and Robertson, and Ross, and Grundy, and John Bell, so different, each from the other, and all so different from himself, must have known and touched our nature at innumerable points. He would, in like manner, have touched Tholuck, and Neander, and Schleiermacher, and Steffins, and Chalmer, and Vinet. They would have smiled, perhaps, at his ignorance of some departments of human science. He would have pitied their comparative ignorance of all that it most behooves man to know. All would have recognized his immeasurable superiority in all the elements of moral greatness. The attributes that constitute true greatness, the thoughts and interests that stir man's soul to its profoundest depths, are not peculiar to any age or nation. He would have been recognized in London, or Berlin, if he had spoken German, as cordially and enthusiastically as in Baltimore, or Danville, or New-York.

The grandeur of the themes which were the habitual subject of his thoughts, gave a corresponding grandeur to his character; and the intensity with which he studied them communicated such habitual and healthy activity to his vigorous understanding, and such vivid and condensed power to his language, that he looked down, not with arrogance, but with pity, upon the trivial pursuits, and listened, with wonder at their weakness, to the ordinary efforts of even highly-gifted men. On his return from a visit to Washington City, he said, "I had known Mr. Grundy and John Bell in Tennessee. Grundy took me to the Senate Chamber, and introduced me to Clay, Webster, Calhoun, and others. I could not help pitying those men, that they wasted such talents and so much time about such trifles. I heard them all speak, even on the trifling subjects they discussed;" the speeches seemed to him about worthy of the subjects, and were heard with surprise and pain.

"James," said he, turning to a youth then present, and who may remember the conversation still, "James, I hope you will

not spend your life in making marks on the sand, or scratching in the ashes like ——;” he called the name of the most distinguished of them all. So trivial, and even pitiful in his views, so unworthy of an immortal being, and so belittling to the intellect itself, were all the highest objects of earthly ambition, and all the efforts which those objects or that ambition could inspire. It was this habitual, unassumed, and unassuming elevation of character and purpose, united with the most unfeigned humility and simplicity of character, which gave the delicate point to the remark of one who loved and admired him above all living men when, turning abruptly to him, he said, in seeming censure: “Dr. Nelson, you are the most ambitious man I ever saw—I do believe, the most ambitious man *in the world*.” “Why?” asked the Doctor, startled, and fearing, perhaps, that the keen eye of a faithful friend had detected the remains of a worldly pride, which he had hoped was long since subdued. “Because you are satisfied with nothing this world can give—nothing less will content you than a *kingdom, and a throne, and a crown all in heaven*.” That kingdom, that throne, that crown of glory, were ever before his eyes, and beneath the power of that transcendent vision, all the energies of his understanding and all the feelings of his heart were aroused to their utmost activity, and concentrated on the one great object of his life. He lived, and moved, and had his being amidst the realities of the eternal world, and walked by faith amidst them, as if he saw them palpably before him in the broad light of day, and with the sober certainty of waking vision.

He went from the closet to the pulpit with the solemn impression of these great realities vivid and fresh upon him. His words of exhortation were like a voice from heaven; his tones of warning or denunciation like the trump of God. “*It is the blood earnestness of the man!*” said Dr. Mason, when asked: “What is the secret of Chalmers’ power?”

We are told by some that knowledge is power, that genius is power, that energy of will is power. But the great lessons which Nelson has left behind for the instruction of his own and succeeding generations is, *that holiness is power*, that *faith is power*, that a life imbued with the spirit of the Gospel, and consecrated to its service, a soul glowing with its hopes, sanctified by its truths, sustained, impelled, exalted by its sacred influ-

ences, and in habitual communication with its Author—*this is power—the mightiest power on earth*—and by God's blessing, well nigh irresistible.

What wonder if that herculean form sank down, at last, beneath those stupendous labors ; and that gigantic intellect shook down, at last, by the intensity of its own action, the frail tenement it inhabited, and if not overwhelmed, was, at least, partially obscured amidst its ruins. To say this is only to enroll him amongst the mighty army of martyrs—that hallowed band of consecrated and heroic spirits, whom the zeal of God's house had consumed. A calculating prudence might have prolonged that life, and preserved, for a season, those powers for the Church and the world. But that life, so delicately nursed, had not been Nelson's life ; those energies, so cautiously restrained and securely fettered, had not been his. It seems the inevitable destiny of the world's best and greatest men, to be consumed in diffusing light and blessings to others. The eagle's pinion wings the shaft that quivers in the eagle's heart. Only for the martyr spirit are reserved the martyr's crown of glory above, and the martyr's deathless memory on earth. I witnessed the first indication, at any rate, the first public and decisive indications of that malady, which afterwards obscured the brilliancy of his genius, without ever destroying its equipoise, however, or disturbing the serenity of his Christian hope. A Senator from Mississippi was on a visit to Danville, his native place. He had just entered upon his political career at Washington, when the premonitory symptoms appeared of that hereditary consumption which consigned him to his grave. He was outwardly, a cold, phlegmatic man, though with strong, deep feelings, reserved, some would say haughty ; imbued with the skeptical sentiments which, nurtured by the writings of Hume and Gibbon, and the high authority of Mr. Jefferson, had pervaded our most intelligent society.

With that quickness of propriety and ready perception of character which marked all his intercourse with men, Nelson never sought the society of this gentleman, nor intruded on his privacy. He agreed, however, to preach at the house of a common friend, where the visitor was expected to be present, and the discourse was designed for his especial benefit. In the midst of one of those impassioned bursts of eloquence which

all of us remember and none can describe, in which fact and argument, reason and imagination, sublimity and pathos, blended in inexplicable combination, at the point where genius trembles almost on the verge of inspiration, he paused, drew his hand slowly across his brow, and calmly said, with an expression rather of surprise than alarm: "A *strange* oblivion has passed over me." The great mind had sunk beneath the vastness of its own conception; amidst the full swell of that majestic melody, the cords from which it issued burst from the intensity of their own vibrations. Man can not rival the angels, though he may "have moments *like* their highest." There was no thought, in any mind, of what we now call a failure; no expression, on any countenance, of mortification, scarcely of sadness, but of wonder, rather perhaps allied to *awe*—*awe* as of some portentous mystery—the great continuity of nature broken off, and a black chasm before you, Men did not sympathize with Nelson. They revered him as an old apostle, or one of the prophets as, apart from inspiration, one might bow reverently before Paul, or tenderly love St. John. At least, so it seemed to one who loved and revered him.—MATHETES—*Center College Magazine.*

EIGHT REASONS FOR PLANTING AN ORCHARD.—

1. Dr. Dwight used to remark to his pupils at Yale, that the raising of fruit was the cheapest and pleasantest way of entertaining one's friends. We are creatures of society, and it is a very important object to make the social board attractive to all who honor us with their friendship. A dish of well-grown apples is always wholesome and acceptable.

2. An orchard is an ornament to the farm, beautiful in its spring blossoms, its summer drapery of green, and its autumn burden of yellow and ruddy fruit. No farm is complete without its acres of orchard.

3. The cultivation of fruit is a very pleasant occupation, and has an important influence upon the mind and heart of the cultivator. It requires higher intelligence than the growing of the annual crops. It fosters forecast and hopefulness, and tends to a cheerful temper.

4. It makes home attractive—children are universally fond of fruit, and the home where this luxury is always enjoyed,

will be more loved on that account. It will be in pleasant contrast with many homes around them.

5. It will tend to guard children against vice and crime. So strong is the desire for fruit, that they may steal it if it be not provided for them at home. And the boy that grows up plundering his neighbor's fruit-yard and orchard, is very likely to steal more valuable things when he becomes a man.

6. It is a very sure investment. An apple-tree, if well planted, is about as hardy as an oak, and sure to bear fruit according to the labor bestowed upon it. When houses burn up, and banks fail, and railroad stocks depreciate, the orchard will yield dividends.

7. It is not only a sure investment for yourself, but for your children. No real-estate in their inheritance is likely to be so permanently valuable. An orchard in good soil will bear fruit for a hundred years.

8. It is a perpetual incitement to thanksgiving to the bountiful Creator. It yields its burden of precious fruit year after year, giving large returns for the labors of the husbandman, and calling him to behold the wisdom and goodness of providence. Do not fail to plant that long-deferred orchard, and while you are about it, select good marketable fruit. The best is the cheapest.—*American Agriculturist*.

PAY YOUR DEBTS; or, THE LACE VAIL.

A STORY went the round of the public papers, within two years, that a young woman was employed to prepare a lace vail for the approaching marriage of the daughter of royalty. Later on, she applied for her pay, but from some cause or other, she failed, after repeated efforts, to accomplish her object. She determined to tell her story to the ears of royalty itself, but her pressing necessities, the length of the road she had to walk, the rudeness and rebuffs she had to encounter, so weighed upon her health and spirits, that she died. The debt was then paid, but atonement for the wrong can never be made this side the judgment. "The Bible is the poor man's friend," used to be a favorite saying of that great and good man, Dr. James W. Alexander, and one of a multitude of proofs there-

of, is the merciful injunction of the Jewish economy, "The wages of him that is hired shall not abide with thee all night until the morning," and among the closing curses of the Old Testament, was that which was threatened the perjured equally with him who "should oppress the hireling in his wages," the widow and the fatherless. The writer knew on one occasion, a single bank-bill to pay debts in a single forenoon, amounting in the aggregate, to three hundred and forty dollars, at a time of great pecuniary pressure. To refuse to pay a just debt on any pretense, when the money is on hand, without making it satisfactory in some way, to the person to whom the money is due, is to commit a great injustice, an inexcusable wrong. If the narration above made, is wholly true, no blame is hereby charged to the noblest living queen, but to those about her who refused to allow the knowledge of the matter to come to her ears. An illustration of the truth under consideration, is found in the following, which sounds so much like fact, that we can not say it is not so.

"Sir, if you please, boss would like you to pay this little bill to-day," said for the tenth time, a half-grown boy in a dirty jacket, to a lawyer in his office.

The attorney at length turned round and stared the boy full in the face, as if he had been some newly discovered specimen, gave a long whistle, thrust his inky fingers first into one pocket and then into the other of his black cloth vest, and then gave another long whistle, and completed his stare at the boy's face.

"Ho, ha, hum! that bill, eh?" said the legal young gentleman, extending the tips of his fingers toward the well-worn bit of paper, and daintily opening it, looked at the contents.

"Hum! for capping and for heel-tapping, six shillings—for foxing, ten and sixpence, and other sundries, eh? So your master wants me to settle this bill, eh?" repeated the man of briefs.

"Yes, sir; this is the nineteenth time I have come for it, and I intend to knock off at twenty, and call it half a day."

"You're an impudent boy."

"I's always impudent to lawyers, coz I can't help it—it's catchin'."

"You've got your eye-teeth cut, I see."

"That's what boss sent me for, instead of the 'prentices as was gettin' their teeth cut. I cut mine at nine months old with a hand-saw. Boss says if you don't pay the bill, he'll sue you."

"Sue *me*? I'm a lawyer!"

"It makes no odds. Lawyer or no lawyer, boss declares he'll do it—so fork over."

"Declares he'll sue me?"

"As true as there is another lawyer in Filadelp^hy."

"That would be bad!"

"Wouldn't it?"

"Silence, you vagabond! I suppose I must pay this," muttered the attorney to himself. "It's not my plan to pay these bills. What is a lawyer's profession good for, if he can't get clear of paying his own bills? He'll sue me! 'Tis just five dollars. It comes hard, and he don't want the money. What is five dollars to him? His boy could have earned it in the time he has been sending him to me for it.—So your master will sue me for it if I don't pay?"

"He says he will do it, and charge you a new pair of shoes for me."

"Harkee; I can't pay you to-day, and so if your boss will sue me, just ask him to employ me as his attorney."

"You!"

"Yes; I'll issue the writ, have it served, and then you see I shall put the cost into my own pocket, instead of seeing it go into another lawyer's. So you see if I have to pay the bill, I'll make costs—capital idea!"

The boy scratched his head awhile, as if striving to comprehend this capital idea, and shook it doubtingly. "I don't know about this; it looks tricky. I'll ask boss, though, if as how you won't pay it no how without being sued."

"I had rather be sued, if he will employ me, boy."

"But who is to pay them costs—the boss?"

The lawyer looked all at once very serious, and gave one of those long whistles peculiar to him.

"Well, I'm a sensible man, truly. My anxiety to get the costs of suit blinded me to the fact that they were to come out

of my own pocket before they could be safely put in. Ah! well, my boy, I suppose I must pay. Here's a five dollar gold piece; is the bill receipted? it's so dirty and greasy I can't see."

"It was nice and clean when boss gin it to me, and the writin' shined like Knapp's blackin'—it is torn so a dunnin' so much."

"Well, here's your money," said the man of law, taking a solitary five dollar gold piece from his watch fob; "now tell your master, Mr. Last, if he has any other accounts he wants sued, I'll attend to them with the greatest pleasure."

"Thank'ee, sir," answered the boy, pocketing the five; "but you are the only dunnin' customer boss has, and now you've paid up, he haint none but cash folks. Good day to you."

"Now, there goes five dollars that will do that fellow no good. I am in want of it, but he is not. It is five thrown away. It wouldn't have left my pocket but that I was sure that his patience was worn out and costs would come of it. I like to get costs, but I can't think a lawyer has any thing to do with paying them."

As Peter Chancery did not believe, in his own mind, that paying his debt to Mr. Last was to be any benefit to him, and was of opinion that it was money thrown away, let us follow the fate of those five dollars through the day.

"He has paid," said the boy, placing the money in the master's hand.

"Well, I'm glad of it," answered Mr. Last, surveying the money through his glasses, "and it's a half-eagle, too. Now run and pay Mr. Furnace," as the boy delivered his errand and the money. "I was just wondering where I could get five dollars to pay a bill that is due to-day. Here, John," he called to one of his apprentices, "put on your hat, and take this money to Capt. O'Brine, and tell him I came within one of disappointing him, when some money came in I didn't expect."

Capt. O'Brine was on board his schooner at the next wharf, and with him was a seaman with a hat in his hand, looking very gloomy as he spoke with him.

"I'm sorry, my man, I can't pay you—but I have just rais-

ed and scraped the last dollar I can get above water, to pay my insurance money to-day, and have not a copper left in my pocket to jingle, but keys and old nails."

"But I am very much in need, sir; my wife is failing, and my family are in want of a good many things just now, and I got several articles at the store, expecting to get money of you to take them up as I went along home. We hain't in the house no flour, nor tea, nor ——"

"Well, my lad, I'm sorry. You must come to-morrow. I can't help you unless I sell my coat off my back, or pawn my schooner's kedge. Nobody pays me."

The sailor who had come to get advance of wages, turned away sorrowfully, when the apprentice-boy came up and said in his hearing:

"Here, sir, is five dollars Mr. Furnace owes you. He says when he told you he couldn't pay your bill to-day, he didn't expect some money that came in after you left the shop."

"Ah! that's my fine boy. Here, Jack, take this five dollars, and come on Saturday and get the balance of your wages."

The seaman with a joyful bound took the piece, and touching his hat, sprung with a light heart on shore, and hastened to the store where he had already selected the comforts and necessities his family stood so much in need of.

As he entered, a poor woman was trying to prevail upon the store-keeper to settle a demand for making his shirts.

"You had better take it out of the store, Mrs. Conway," he said to her, "really I have not half the amount of your bill to-day, and I don't expect to. I have to charge every thing, and no money comes in."

"I can't do without it," answered the woman earnestly, "my daughter is very ill and in want of every comfort; I am out of firewood, and indeed I want many things which I have depended on this money to get. I worked night and day to get your shirts done."

"I'm very sorry, Mrs. Conway," said the store-keeper, looking into his money-drawer; "I've not five shillings here—and your bill is five dollars and ninepence."

The poor woman thought of her invalid child and wrung her hands.

"A sailor was here awhile ago, and selected full five dollars worth of articles here on the counter and went away to get his wages to pay for them, but I question if he comes back. If he does and pays for them, you shall have your money, madam."

At this instant Jack made his appearance at the door.

"Well, shipmate," said he, in a tone much more elevated than when he was discovered speaking with the captain, "well, my hearty, hand over your freight. I've got the documents, so give us possession;" and displaying his five dollar piece he laid hold of the purchases. The store-keeper examining and seeing that the money was good, bade him take them with him; and then, sighing as he took another and a last look at the piece, he handed it to the poor widow, who with a joyful smile received it from him and hastened from the store. In a low and very humble tenement, near the water, was a family of poor children, whose appearance exhibited the utmost destitution. On a cot-bed lay a poor woman, ill and emaciated. The door opened and a man in coarse, patched garments, entered with a wood-saw and a horse, and laid them down by the door-side and approached the bed.

"Are you any better, dear?" he asked in a rough voice, but in the kindest tones.

"No; have you found work? If you could get me a little nourishing food. I could regain my strength."

The man gazed upon her pale face a moment, and again taking up his horse went out. He had not gone far before a woman met him, and said she wished him to follow and saw some wood for her. His heart bounded with hope and gratitude, and he went after her to her dwelling, an abode little better than his own for poverty, yet wearing an air of comfort. He sawed the wood, split and piled it, and received six shillings, with which he hastened to a store for necessaries for his sick wife, and then hurried home to gladden her heart with the delicacies he had provided. Till now he had had no work for four days, and his family had been starving, and from this day his wife got better, and was at length restored to his family and to health, from a state of weakness which another day's continuation would probably have made fatal.

These six shillings, which did so much good, were paid him by the poor woman from the five dollars she had received from the store-keeper, and which the sailor had paid him. The poor woman's daughter was also revived and ultimately restored to health, and was lately married to a young man who had been kept three years absent, and returned true to his troth. But for the five dollars which had been so instrumental in her recovery, he might have returned to be told that she whose memory had been so long the polar star of his heart had perished.

So much good did the five dollar piece do, which Peter Chancery, Esq., so reluctantly paid to Mr. Last's apprentice-boy, though little credit is due to this gentleman for the result that followed. It is thus Providence often makes bad men the instrument of good to others. Let this little story lead those who think a "small bill" can stand because it is a small bill, remember how much good a five dollar piece has done in one single day, and that in paying one bill they may be paying a series of twenty bills, and dispensing good to hundreds around them.

HUNGRY FOR TWO YEARS.*

SOME men are great in one thing only; others in many; of this latter was the author of the *Cause and Cure of Infidelity*, who was originally a physician of great ability; so much so that his practice became in a short time worth some thousands a year in a community where a single thousand dollars was considered a large sum of money. He subsequently became more distinguished as a speaker than he had been as a doctor. There are thousands yet living in and near New-York city who vividly remember the power of his eloquence, and what crowds flocked to hear him at the old Broadway Tabernacle, the building being filled to its utmost capacity night after night for weeks in succession. He had a herculean frame, and gave many a proof before his embrasure of Christianity, of personal courage and fear-

* In the three preceding articles the editor has departed from his custom of admitting into the Journal of Health only such pieces as he has written himself; but the reader will excuse this as it is made the occasion of inculcating useful lessons and impressing them on the mind by historical facts of a striking character.

lessness, but he was an epilectic; and he knew that the tendencies of his system were in that direction, and that the only method of preventing the attacks was the most rigid control of the appetite. His medical knowledge placed this truth so distinctly before his mind, and his self-control was so heroic, that in speaking of it on one occasion to those very dear to him, he said: "I have been hungry for two years." This was exhibiting a rational self-denial worthy of all admiration, and is a lesson to that vast multitude which no man can number who have not enough force of character, of moral courage, to prevent their yielding to their appetites three times a day, not merely to the extent of satiety, but actual repletion, really eating, and that habitually more than nature needs. Man is like a pig; when he is hungry he gets quarrelsome, ill-natured, snappish; but in one respect he is unlike a hog; that animal with all its love of filth, ceases to eat when it is no longer hungry. Reader, did you never eat to make it even? take some more bread because you had a little butter on your plate, or take a little more sauce, or gravy, (called "essence" in the higher spheres) because a bit of bread was left, and you did not want to leave it. That was waste; it was worse than waste, because it not only did you no good, but a positive injury. The great name mentioned in this article under the influence of the gnawings of hunger, voluntarily endured, was one of the loveliest men in his disposition, we ever encountered; for we once lived under the same roof with him, and personally knew of what we speak. The narration has been given in order to enforce a lesson on the subject of EPILEPSY, which is so often engendered by injudicious eating; an attack often arising from a single injudicious meal, in very young children, and being repeated several times in succession, becomes a habit to afflict through life, wearing out the intellect by slow degrees, ending in hopeless imbecility, if not more speedily by a "fit," falling from a horse, or vehicle, or into a river, or into the fire. But from whatever cause, Epilepsy is more certainly kept under control indefinitely by a rigid system of dieting than in any other way. Dr. Nelson proved this in his own case, and died in the full possession of all his giant faculties.

COMMON SENSE

Is not the practical sense of the great mass of the people, it is rather the legitimate deduction drawn by a wise man from any given premises ; it is the instinctive course pursued when action is required by a mind working with perfect freedom in the light of truth: Scarce a man who reads this article but has found a dozen times, that in washing his hands with his coat off, the wristbands of his shirt, if unbuttoned, will slide down towards the hands and be dribbled with water. And yet the very next time the hands are washed under the same circumstances, the wristbands will be pushed up, in the hope that they will remain up. In this case laziness prevents the mind from working freely, from looking at the facts of the case, and drawing natural inferences. The arm forms toward the wrists an inclined plane, made more inclined by the fact that in washing, the fingers are lower than the wrists below a horizontal line. Common sense dictates that the wristbands left unsupported could only maintain their place under the circumstances by the annihilation of the great first law of matter, gravity. A cotemporary says on the general subject,

“If common sense were an article to be bought in the market, doubtless there would be a great demand for it ; or if not, it would be well for the corporation to make an appropriation of the public moneys to buy up a lot, from which the needy might draw without any charge. It is about as essential as Croton water to our daily comfort, but there are a great many elegant looking houses into which it has not yet been introduced: The very low-born, the totally ignorant, who find it difficult to distinguish between the suggestions of conscience, the promptings of common sense, and the false light of superstition, which they mistake for knowledge, are only pitiable. But those who were born to an inheritance of common sense, and have wasted it, deserve our reprobation and contempt.

“If half the sensible people in the world had common sense, it would be better ; but, unfortunately, most men’s judgments slide in between their prejudices and their education, like windows in badly-fitting sashes ; when you attempt to bring them to the position they were made to take, they give first on this side and then on that, and particularly happy you may feel yourself if you can bring them into position without putting out a light.”

In reference to health, common sense teaches that every time a man puts his finger in the fire it will be burned ; that if a certain article of food eaten to-day gives discomfort, it will do it to-morrow ; that if a hearty and late supper prevents sound refreshing sleep one night, it will do it another ; that if

exposure to a draft of air while perspiring gives a bad cold once, it will do it again; yet there are multitudes who get old before they learn to heed these things, to have "common sense."

"The human body is a very delicately-constructed machine. Yet as the City Hall clock, which every body pronounces an excellent one, took the liberty to stop, a few days since, when a boy pushed his chair up against the 'compensator;' so the human mechanism will not move true and steady, if ignorant men are allowed to play with 'the works.' Seeing that there is not room for the finest cambric needle to lie, without producing mischief, any where within the several solid feet that constitute the body of a man, common sense would satisfy an appreciative person that he cannot accommodate within his living tissues a pound of drugs, every grain of which penetrates farther than needles and blocks, or throws off the track, the wheels of every rolling globule of blood in his veins.

"Common sense takes the stump, and labors to convince sensible people that when they are sick the thousandth part of a grain of any material, of which they have taken a drachm since dinner, and been neither better nor worse therefor, cannot materially modify their condition. Yet men who are good for making money, and who do not educate their children with specific reference to making fools of them, are stone deaf on the side that common sense whispers his admonitions; spend goodly sums on the quack who indulges them in the luxury of being cheated, and enjoy the high satisfaction of being wonderfully cured where nothing under the sun has ailed them. Common sense, of course, shakes off the dust of his feet, and leaves to his fate one whose phrenological developments would justify the suspicion of a moderate share of intelligence, when he makes phrenology ridiculous, and belies all the indications of physiognomy by imbibing bottle after bottle of Nervous Antidote, Cherry Bitters, Choice Catholicons or Renovating Resolvents, to cure ailments whose characters differ in every respect from each other; just as if all diseases were like the vermin of all sorts that haunt old alms-house cellars, and all alike were best disposed of by being drowned out of their quarters.

"But it seems to us as if common sense were particularly ashamed of those stout, stalwart bodies, in which strong minds, like engines of many horse-power, were originally set up, when, instead of trusting to their own powers, and heeding their own capacities, they give themselves up to the guidance of other men, in matters which they ought thoroughly to understand for themselves. When a good skipper is going through Hurl-Gate, he does very well to ask a pilot on board if he does not know the rocks; but when he is fairly out on the Sound, with a fair wind and a clear night, when the compass is a good one, and he knows all the lights from Sandy's

Point to Little Gull, he is weak and wasteful to be at the expense of a pilot's fees. So when a man is sailing among colics and pains of any sort, of which he does not know the nature, he cannot do better than order on board a skillful physician, who has sounded every foot of the way, and knows when to give a fuller sheet, when to haul close, and when to put the craft square before the wind, and trust every thing to his care, till the ripples are all past and the waves chase each other, without any sudden breaks or declension, to right or left, as if a rock were just below. But for a full-grown man, who is well, to call in a doctor to know if he may eat this delicious fruit or that, may make this pleasure trip or that, may tarry within the bounds of the city till his business will permit his removing to the country, or must push at once into summer quarters, it is simply ridiculous, and common sense objects to being claimed by him as an acquaintance.

"The Great Exhibition will open soon. Without a doubt, then there will be an increased amount of common sense in and about our streets; for the appearance now is, that from every point the honest men, who have dwelt in country places and been conversant with growing fields, that rather favor the growth of robust sense, will come up in crowds. It would be no bad idea for citizens to cultivate their acquaintance, that the arts and tricks of city life may experience some healthful rasping from their rougher and more natural ways. Staying in the city, we grow affected and vain. It is to be hoped that strangers enough will come here to make our vanity and affectation shrink into a contemptible minority, and the common sense, which, by inheritance, ought to rule us, take heart, sally forth, conquer back his lost provinces, and hereafter have the first and last word in all our councils.

"*Ten o'clock.*—But you, my dear fellow, ought to be a-bed. Have not you read ALCOTT, and GRAHAM, and FRANKLIN, and SINCLAIR? Haven't you studied Hygiene, and attended a course of popular lectures on the subject? Haven't you studied the rules of longevity? Don't you know that every hour less than seven of sleep at night, is a day deducted from the sum total of your life? and that, from Dr. JOHNSON to TODD's Student's Manual, all the authorities agree that an hour of sleep before midnight is worth two after it?

"No! no! don't go to writing now. Don't raise the steam at this time of night. You would not let your housekeeper begin her baking now, neither should you set your brain to seething so unseasonably. It was a wise man—and a little time spent among our books would enable us to give his name—who allowed no serious book to engross his attention after his evening meal, and indulged himself in no severer labor than a game of romps with his children."

LONGEVITY.

The following table shows that men have attained a good old age and there is no reason to suppose that these might not be the average ages of men and women.

Dryden,	70	Lewenhoeck,	91
Petrarch,	70	Cato,	91
Lesage,	70	Hans Sloane,	93
Linnæus,	71	Whiston,	95
Locke,	73	Michael Angelo,	96
La Fontaine,	74	Titian,	95
Rev. Dr. Wardlow,	75	Isocrates,	98
Handel,	75	Elisha,	100
Reaumer,	75	Hervelas,	100
Gallileo,	78	Fontenelle,	100
Swift,	78	Zeno,	100
Roger Bacon,	78	Terentia,	103
Corneille,	78	Stender,	103
Marmontel,	79	Helen Gray,	105
Solon,	80	Georgias,	107
Thucydides,	80	Thomas Garrick,	108
Anacreon,	80	Democritus,	109
Juvenal,	80	Joseph,	110
Kant,	80	Joshua,	110
Pindar,	80	A. Serush,	111
Young,	80	Mittelstedt,	112
Willard,	80	H. Thauper,	112
Sophocles,	80	R. Glen,	115
Plato,	81	Moses,	120
Buffon,	81	Prastus, King of Poland,	120
Goethe,	82	Sarah,	127
Dr. Chas. Caldwell,	82	Ishmael,	137
Claude,	82	Effingham,	144
West,	82	Countess of Desmond,	145
Franklin,	84	Drakenberg,	146
Metastasio,	84	Jacob,	147
Herschell,	84	Thomas Parr,	153
Anacreon,	85	Thomas Damme,	154
Newton,	85	Epimenides,	157
Voltaire,	85	Henry Jenkins,	169
Halley,	86	John Rovin,	172
Simeon,	90	Abraham,	175
Fabius,	90	Isaac,	180
Eli,	90	Peter Torten,	185
Protagoras,	90	Monga of Kentigen,	185
Livia,	90		

Among the preceding names are found all the occupations of life, from the philosopher to the common day-laborer, selected from all nations, and of all ages, from the days of Abraham down to the present time, and if no nation, or age, or sex, or clime, or ordinary occupation necessarily prevents men from arriving at old age, that old age must be generally attainable; if the proper conditions are met. It is the design of this journal to inculcate these conditions. To do it early, is of the highest importance, as it gives every advantage; hence the special desire of the Editor that parents generally should have their children, at least those above fifteen years of age, become subscribers to this periodical.

VENTILATION.

This is a subject which should be understood by every human being, not only that man may apply it to himself, but also to the domestic animals, for their well-being is in a sense very intimately connected with our own; hence duty and humanity demand our attention to the subject; and if for the brutes that perish, much more for our servants, and, above all our children. In reference to the general subject, a contemporary remarks:

“If our people only knew how many thousands of lives they are annually sacrificing, how many hundreds of thousands are now suffering from fevers and other maladies which have their origin in the inhaling of noxious air, the excitement and alarm on this subject would be unprecedented: They are poisoning themselves by wholesale, and two-thirds of them have no suspicion of the fact:

“Our dwellings are often charnel houses. The very first necessity of every living human being—pure air to breathe—is rarely regarded in their construction. The air actually inhaled steals in at crevices and crannies, felon-like, because it cannot be shut out. Only the defects of our Architecture prevent our dying of a vitiated, poisoned, mephitic atmosphere, from which the vital element has long been exhausted. Most men, including architects, would seem ignorant of the fact that the atmosphere is a combination of different gases, only one of which is wholesome and life-giving, and that this is consumed in the lungs upon inhalation, leaving the residue to be expelled as a poison. The church, lecture-room, or other structure which is filled, or even half filled, with human beings, and its doors and windows closed, while no express provision has been made for its ventilation, very soon becomes a slaughter-pen, in which no rational being should tarry another minute. Few churches or other public edifices are sufficiently ventilated, while a large majority of them are ut-

terly unworthy of toleration, and ought to be closed by the public authorities until they shall have been rendered fit for their contemplated use, and no longer nurseries of disease and ante-chambers to the tomb.

"Our manufactories are nearly all disgraceful to their owners and architects in regard to ventilation. They are often divided into rooms less than ten feet high, each thickly stowed with human beings, who breathe and work and sweat in an atmosphere overheated and filled with grease, wool or cotton waste, leather or cloth, and the poisonous refuse expelled from human lungs, which together are enough to incite a plague, and are in fact the primary cause of nearly all the fevers, dysenteries, consumptions, &c., by which so many graves are peopled. No factory should be permitted to commence operations until it shall have been inspected by some competent public officer, and certified to be thoroughly provided with ventilators—not windows, which *may*, indeed, be opened, but in a cold and stormy day very certainly will not be—but apertures for the ingress of fresh, and others for the egress of vitiated air, both out of the reach of ignorance, and defying the efforts of confirmed depravity of the senses to close them:

"Our bedrooms are generally fit only to die in. The best are those of the intelligent and affluent, which are carefully ventilated; next to these come those of the cabins and ruder farm-houses, with an inch or two of vacancy between the chimney and the roof, and with cracks on every side, through which the stars may be seen. The ceiled and plastered bedrooms, wherein too many of the middle-class are lodged, with no other apertures for the ingress or egress of air but the door and windows, are horrible. Nine-tenths of their occupants rarely open a window, unless compelled by excessive heat, and very few are careful even to leave the door ajar. To sleep in a tight six-by-ten bedroom, with no aperture admitting air, is to court the ravages of pestilence, and invoke the speedy advent of death. (See Dr. Hall's Book on Sleep.)

"Our railroad cars and steamboat berths are atrociously devoid of ventilation. A journey is taken far more comfortably and expeditiously now than it was thirty years ago, but with far greater risk and harm to health. There are probably ten thousand passenger cars now running in the United States, whereof not more than one hundred are decently supplied with fresh air. Most of these, wherein forty or fifty persons are expected to sit all day and doze all night, ought to be indicted as fit only for coffins. The men who make them, probably, know no better; but those who buy and use them have not even that poor excuse. They know that they are undermining constitutions and destroying lives; they know that ample means of arresting these frightful woes are at command; yet they will not adopt them, because they cost something: How long shall this be endured?"

"SOLDIER HEALTH."

By DR. W. W. HALL, 42 Irving Place, New-York. Sent post-paid for 25 cents. 28 pp., 16mo. How to guard against the three prevalent diseases in all armies, Fever, Diarrhea, and Dysentery; and also to control them by means which the soldier may almost any where command; a complete system of camp-cookery and hospital diet, with Scripture-reading and Hymn for each day, with a night, morning, and Sunday prayer and hymn; radiating distances from Washington, Baltimore, Harper's Ferry, Cairo; cost of all the forts; census of all the States—of the militia of each State; fifty-nine health axioms; rank and pay of all the officers and privates in the army, etc., etc. This is a book which would benefit every soldier physically, mentally, and morally.

We conceive it impossible for any reader to spend twenty-five cents to greater advantage than by ordering one of these books to be sent to some friend or kinsman in the army. It is six inches by four, a quarter of an inch thick, has a paper-cover, and weighs less than three ounces, hence can easily be carried to the battle-field in the pocket. It is the only book published that meets so many of the wants of the soldier on the field of battle. If he is left for dead, or wounded, its directions meet the emergencies; if life is ebbing away, there is Scripture-reading adapted to his case, and near a dozen of the sweetest hymns in the English language; hymns as familiar to every American soldier as the alphabet, with their hallowed associations of home and the village-church. When it is remembered that soldiers are not allowed to carry any thing into battle but the indispensable clothing, the arms and the canteen, that often not only the pockets are filled with cartridges, but even the spaces between the buttonings of their coats, a little book of this sort, which can be carried in a very small space, answering to the general wants of the soldier, as to the body and the soul, is of the utmost importance. But all do not think as well of the book as we do. The *Philadelphia Press* of June 17th says:

"Nearly forty pages here, containing Scriptural selections and hymns, seem to have been introduced merely to swell up the work. Dr. Hall's hymns abound in bad rhymes. He makes *cross* rhyme with *cause*; *flood* with *God*; *surpass* with *grace*; *clean* with *sin*; *confess* with *grace*; *song* with *tongue*; *holiness* with *peace*; *been* with *sin*; *power* with *more*; *bleed* with *head*; *done* with *unknown*; *face* with *thankfulness*; *owe* with *do*; *grace* with *praise*; *sin* with *clean*; *past* with *rest*; *shed* with *plead*, and so on. We have seldom found so many miserable rhymes in such a small space. Dr Hall evidently has no ear for rhythm and rhyme."

As Isaac Watts wrote nearly all the hymns, and they are those which have been most admired for a century by nearly all denominations of Christians, we have merely sided with the

majority, and rather think that the "Cricket" is not a very regular church-goer. The first lines of the hymns are :

Am I a soldier of the cross ?
Alas ! and did my Saviour bleed ?
God bless our native land.
It is the Lord enthroned in light.
I love to steal awhile away.
Jesus, my all, to heaven is gone.
Jerusalem, my happy home.
My soul, be on thy guard.
My country, 'tis of thee.
Oh ! for a thousand tongues to sing.
O thou ! who driest the mourner's tears.
Once more, my soul, the rising day.
Show pity, Lord ! O Lord ! forgive.
The day is past and gone.
There is a fountain filled with blood.
There is a land of pure delight.
Whilst thee I seek, protecting power.
When all thy mercies, O my God !
When I can read my title clear.
Where will be the birds that sing, a hundred years to come ?
Ye sons of freedom, wake to glory, (the Marseillaise Hymn.)

It should be remembered that almost all the soldiers are the children of parents, who accustomed them to meet in public worship on the Sabbath-day ; very many of them are members of the church and Christian men, and to all these, the memories associated with those dear familiar hymns are inexpressibly dear when away from home, when suffering in an hospital, or among the wounded on the battle-field. It was for this reason they were selected, and not merely "to fill up the book." This world is not the last of man. The preservation of his mortal body is not his chief concern. There is something of immeasurably greater importance than saving life. For "what shall a man be profited if he shall gain the whole world, and lose his own soul ?" and to be hurried from the fierce fight into the presence of the Infinite, or to languish in a dreary hospital, for hours, and days, and weeks, and to have no verse or line to help the laboring mind to thoughts of its Maker, is fearful to

think of ; hence our little volume, which is literally the soldier's "*vade mecum*," a thing which he may well command to go with him wherever he goes himself. It is such a book as the volunteers, who have been brought up in Christian homes, have a right to demand of the Government ; and in the language of the Boston *Atlas* and *Bee*, "fifty thousand ought to be sent at once to Washington." We took occasion to say that Christian men were the most reliable patriots, and made the bravest soldiers, the most enduring ; for such specially we wrote the book, and they will prize it most. A great deal of most valuable information is given, which does not pertain to health or religion, and this was put in, in order to make those take care of the book, for the sake of this, who would not have done so, merely for the matters of health, morals, or religion. We say, distinctly, that thousands of lives would be saved, and millions of money, within the present year, if the suggestions of the book were followed, in reference to early breakfast, camp-fires, and the practicable prevention of the three great diseases of armies, to wit : fever, diarrhea, and dysentery : their prevention and their cure, in most cases by means which the poorest soldier in the most out-of-the-way place can command ; and such is the characteristic of most of the directions given as to health and wounds. The book was not written in the presumption that the soldier was in a drug-store ; or in the midst of a large city. Lint will staunch a bleeding wound, but lint may not be had when gunpowder and spider's-web may. A tourniquet may stop a bleeding artery, where death would follow in ten minutes, or less, if not arrested ; but tourniquets don't grow in the woods, or out of a sand-bank ; but every soldier can command a stick or ramrod, and a handkerchief or a strip of shirt, and without a surgeon or a tourniquet, he can save his life himself. Hartshorn will cure almost every poisonous sting or bite, but hartshorn does not bubble up at every spring, nor flow beside every river, but it is an alkali, and so is wood-ashes, made into a poultice with water, saliva, or a man's own blood, and where there is a stick of wood and a flint or a percussion-cap, wood-ashes can be made. A man may be attacked with wasting diarrhea, or threatened with cholera ; he may not have any blackberry cordial at hand, or Dover's powder, or sugar of lead, but he has a trowser-leg or a flannel shirt, and he can lie down in perfect quietude, and these are a thou-

sand times more certain of cure, and a thousand times more safe, and a thousand times less hurtful, than the "authorized" remedies named, as whole armies have found more than once before to-day. So that the commendation which the *American Presbyterian*, of Philadelphia, has given of "Soldier Health," is timely, just, and judicious.

"Dr. W. W. HALL, of New-York, has done good service for our soldiers in his little work on Soldier Health, which is full of direct, intelligible, and forcible hints to soldiers, by an experienced writer on such topics. It will be found greatly serviceable both in preventing and remedying disease, accident, and dissipation in this class of men, and it is written in a style which will not fail to command their attention. The book is indeed quite a *vade mecum*, containing religious reading, hymns, prayers, Soyer's Army Receipts, and selected information on military and other matters which soldiers especially would be interested in knowing."

The main, in fact, the only objection that Andrew Jackson Davis, editor of the *Pilgrim's Progress*, makes to the book is, that there is a foot-note to one of the three prayers. Now, friend Andrew, we didn't intend the note to be prayed; it was only to show the soldier how much our Revolutionary sires endured when they fought for liberty, in order to encourage the volunteers of to-day to "grin and bear" bravely any little uncomfortablenesses which they might be called to encounter, such as having to dig without gloves, to march without parasols, or take their dinners without a four-pronged silver fork. So we think our "foot-note" was very much to the point. To show the correctness, and also the importance of our statement, that fevers, diarrhea, and dysentery were the chief diseases of camp life, we give an official statement that, of the nine hundred and ninety-seven hospital cases at Cairo, in the two weeks ending with June 7th, 1861, seven hundred and twenty-seven were of those three diseases, nearly every one of which was certainly preventable without one dollar's extra expense, only with a little knowledge and a little attention. To give that knowledge, and to show how to pay that attention, is one of the great aims of the book, which will be furnished to individuals and societies, for gratuitous distribution among the soldiers, at a considerable per centage below half the retail price.

As an evidence of the felt importance of our suggestions in reference to the preservation of the health of the soldiers, every book but one that we have seen of that kind, and there are several, copies our own, *verbatim, et literatim, et punctuatim*, errors and all.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

AUGUST, 1861.

[No. 8.]

THE YOUNGER ALEXANDER.

WHEN Archibald Alexander died, it was felt to be a loss to the whole Presbyterian Church, which could not be fully repaired; he had no second in his sphere, and now that his son James W. has so soon followed him, the same feeling prevails, and his people especially are deeply sensible of the fact that their loss can never be supplied, that his place will never be filled as he filled it.

We were among the privileged attendants on his preaching, and an infirmity of one of the members of our household requiring a seat nearest the pulpit, opportunities of observation and hearing were afforded, which are the more highly valued, now that they are forever gone.

Dr. James W. Alexander was a man who seemed to do everything at the right time, at the right place, and in the right manner. He was the most considerate of men. He appeared to be able to put himself in place of others, and to act just as they would have him do, as to all that was right. His heart was always overflowing with a wish to do everybody good. If he could not do a desired thing, he was able to show it so convincingly that the applicant felt at once as if he no longer wanted him to do it. With his ever present willingness to do a good turn for others, the smallest item of attention or good will towards himself, awakened up the most lively expressions of obligation, as if his abiding feeling were that he was unworthy of anything from anybody, when at the same time he was working out his life in the service of others. His heart seemed to be always going up to heaven. When he was

a hearer instead of a speaker, his favorite position was to have a hand resting towards the knee. We could always tell by the motion of that hand, now cold in death, whether there was anything strikingly devotional in the person officiating, either as to the sermon or prayer. In the reading of the hymns by others it was the same thing; he seemed to find constant causes of ejaculation to the Father of us all, whether in hymn, or sermon, or prayer, or speech, as if his heart was always with God, as if it could extract sweeter than angel's food from commonest things.

It is very likely that no people ever had towards their pastor so large a feeling of affectionate reverence; and never did a people have a more ceaseless, tearful, and tender solicitude for their welfare and happiness exercised towards them on the part of their minister.

Not a man of them all will cease to remember his calm and quiet and unpretentious demeanor, as at the instant of the first note of the organ they were accustomed to turn their eye to the sacristy and note his ascent to the pulpit, so reverential, so all absorbed, as if he was whelmed with a sense of his responsibility.

He had no airs. It was impossible for him to do anything for mere effect. He never framed a grandiloquent sentence in our seven years' experience. Holy, humble fervor were the weapons of his warfare.

Dr. Hodge, of Princeton, describes his sermons as being often "a string of pearls." Never was there a more appropriate expression; as proof, see notes of a sermon taken verbatim during the crisis of '57, in the February, '58, number of *Hall's Journal of Health*, under the title of "Careworn."

Of all the sentiments expressed by him in the course of years, that which is most distinct, whether rendered so by its unexpectedness, or by the pains which he took to prevent his hearers from being surprised by it, was this: that the longer we lived, the severer would be our trials. He spoke this with an earnestness and solemnity which implied not only a uniform observation but a steady individual and personal experience; this was several times presented in the course of a few months.

"The Bible is the poor man's friend," was another sentiment, repeated with a power of utterance, in connection with the subject under discussion, peculiar to himself.

In speaking, on one occasion, of the value of the Scriptures in the application of their principles in successfully conducting the affairs of life, giving as an example the stern faith and general thrift of

Scotch Presbyterians, whose distinctive characteristic it was to teach their children the Scriptures which inculcated rules of conduct applicable to all times and circumstances, he repeated, "He that hateth suretyship is sure." The wisdom of the lesson was felt by every hearer.

We have often contemplated with admiration, because of its loveliness and sincerity, the little gathering that would take place in front of the pulpit after each discourse, the meeting of the elders with their faithful and endeared minister, as if they said in the face of the whole assembly, "We'll stand by you in all that you have said to-day." One by one they would come up with their friendly and respectful smile, Halstead, and Irvin, and Smith, and Walker; for a while there was another, who, in his great old age, seemed to receive something comforting every time he took his pastor's hand: it was old Mr. Auchincloss; but he is dead years ago; they have joined hands again in the upper sanctuary, and "they shall go no more out." But there was a more aged pilgrim still than they all, "and she was a widow," and yet surviving near her nineties. The Doctor never failed to meet Mrs. Bethune (the mother of a worthy and distinguished son) half way, and taking her time-worn hand in both of his, he seemed to feel as if he were the honored one, in being permitted thus to greet an aged saint on earth, who, any day, might be called to "go up higher." There was a respectfulness and an affectionateness in his manner towards her which were well calculated to make her take her trembling yet eager steps, to get his greeting every time she was permitted to come up to the great congregation.

Dr. Alexander was a man of liberal sentiments and a wide heart. In private and in public he has expressed his admiration of certain sentiments and practices of the Society of Friends. He had been thrown among them in early life, and seemed to speak with pleasure of the associations of the long departed past.

An Episcopalian mother expressed a wish that Dr. Alexander should christen her children. "No," said he, "I know your minister well, and respect and love him; he will take good care of them, and I would not have him think that I interfered with his lambs."

Shortly before he died, one of his own members, who, for nearness, had sent her small children to an Episcopal Sunday-school, asked him if she should continue to do so. "By all means for the present; Dr. Tyng is my personal friend; it is impossible for me to make my Sabbath-school as interesting as he does; let them remain."

The admiration with which his people regarded his preaching, may be inferred from the fact that there was a uniform and general feeling of disappointment the moment any other person appeared in the pulpit; and we could frequently foretell that he was not to preach, on the moment of entering the church, by the comparative thinness of the audience, for, some how or other, the more inquisitive would find out when he was not to preach. His was perhaps the most uniformly filled church in New York. As a general thing, it was difficult to find a vacant seat for a stranger, in the afternoon. For more than a year before his death the lecture room on Thursday nights was crowded; it held over four hundred persons, and chairs had to be brought in besides. We speak from observation, for we were seldom absent. His kindness of heart was such that he was uneasy if he saw a single person standing. We have seen him hand the only chair left in his desk, for some stranger or aged person.

His humility and ungraspingness were strikingly exhibited in the year of the panic, in his persistent refusal to permit his salary to be increased by a thousand dollars, saying that for his habits of life his present pay was sufficient. But, without his knowledge, his considerate session invested the amount, to which a faithful people has promptly added enough to make the sum of twenty-five thousand dollars, to place his bereaved family in comfortable circumstances as long as they live. They have done it out of love for him. "What a people and how unworthy am I of such demonstrations" would be his exclamation in the flesh. We sometimes feel as if we would like for him to know it, for it is too soon yet for us to "make him dead."

If asked what was the most distinguished thing about him, we would most unhesitatingly say it was his prayers. Of all we have ever heard uttered, or read of the uninspired, Dr. Alexander's were the most devotional, the most heavenly. There was no human condition they did not reach. Sabbath after Sabbath for more than six months before his death, we debated whether we should not take down his prayers verbatim. If it could have been done without his observation or knowledge, we certainly should have done it. We next concluded to hire a reporter, but the difficulty in getting a faithful and conscientious one seemed to be insuperable in New York. His death found us inquiring for one. He seemed to get right at once into the presence of his Maker, and as if wanting to improve his opportunity before he got away, his great broad heart would take all humanity within its folds.

He seemed familiar with every phase of human sorrow. In a single prayer, and we made note of it at the time, he petitioned for those who were kept from the house of God by inclement weather, by the sickness of themselves or near relations, by the compulsion of others; for those who were suffering in their good name in person, or in the person of others; for those who were in actual want of food or raiment; for those who were anticipating revealments which would affect their social position; for those who were made bankrupt; for those who were anticipating the loss of fortune; for those who were writhing under the apprehension of failure to meet maturing pecuniary obligations; for those who were hardened by worldly entanglements; for those whose hearts were wrung by the mental derangement of friends, or of their own families; for those who were afraid they should themselves go mad; for those who felt they were castaways from God, and believed their perdition sealed. The impression made on our mind was so strong at the time, we felt almost ready to exclaim audibly, "What a miserable congregation this is!" His prayers were uniformly most impressive. Forgetting himself and his congregation, he would carry away at times in his great warm heart the wants of a world, and lay them right down at the mercy seat for God to look at, and pity and deliver.

The influence which Dr. Alexander possessed over his people, without their feeling it, and in a certain sense, without his exercising it, may be inferred from the liberality of his congregation. On the first Sabbath morning of each month he was accustomed to preach a sermon in reference to one of the leading benevolences of the times, when checks would be thrown into the plate for five hundred, a thousand, and three thousand dollars. The amount of a morning's contributions was from three to seven thousand dollars. The rapidity with which his influence and power grew in this regard, may be inferred from the fact, that in 1852, when he took charge of the Fifth Avenue Church, the contributions were less than four thousand dollars, while for several years past they have averaged over sixty thousand, besides many thousand more of private and unacknowledged charities. His membership more than doubled in seven years, numbering now over seven hundred. These are some of the tangible evidences that he lived to purpose; and now that he is gone, at the early age of fifty-four, the waves of his influence will go out from his writings, benefiting and blessing wherever they roll, and many yet unborn will have reason to bless God throughout the ages that such a grand heart ever lived.

Thus wrote we near two years ago, for the FIRESIDE MONTHLY, and reproduce it here to impress an important lesson in hygiene, by inquiring: Why did he die so soon? There are clergymen a score of years older than he was, who are still powerful and efficient workers in the great field of the world. It seems to us that an uncomputed wealth of influence for good was lost to the Church and to religion in general by his having passed away in the very meridian of his days. We can not say that it was by God's appointment; at least we can not feel fully satisfied with resting in such a conclusion. It is safer and wiser to say that three-score years and ten should be the average measure of our days, and that those who leave the stage sooner do so in consequence of their own conduct or that of their fellow-men; the uncontrollable agencies of the "elements" excepted.

Any one—the feeblest—can commit an error; it requires a MAN to frankly acknowledge it. There is a greater courage than that of marching right in the face of belching cannon in the frenzy of battle; it is that of enduring the agonies of the wheel and the stake for hours together, when a single word would cease the torment instantly. Only great minds and heroic hearts are capable of deeds like these. Last month a great name was mentioned who endured hunger in uncomplaining gentleness for two years. Within a dozen hours the common herd becomes fretful, passionate, and impatient of hunger. Not less great was the author of the *Cause and Cure*, than was the subject of this article, who, like too many Virginians, became extravagantly addicted to the use of tobacco, so much so that before he was thirty, it threatened his intellect, and that too before he became aware of the fact that it was owing to this species of intemperance that both mind and body were failing together. But no sooner was it distinctly placed before him, than by one heroic resolve he shattered the manacles which bound him, and never after took another "chew." But it was not done soon enough to save him from life-long sufferings. For years before his death, the palsied shaking of his head was apparent to all who heard him, while he was only kept out of the grave by frequent release from official duties and the recreations of travel. He repeated it to the writer, and had no hesitation in stating it to his friends, that his bodily infirmities were

laid in the extravagant use of tobacco in his youth ; it robbed him of twenty years of life and of honorable usefulness to the church of his choice. Need another word be said to induce any young gentleman who is preparing for professional life and who is a slave to the weed, to rise in the might of his manhood and say : " I will never use it again ? "

Tobacco in any form is not only a narcotic but it is a stimulant also ; it not only blunts the sensibilities, but it goads both mind and body to unnatural activities, and the machine made to run faster than was ever intended, wears out so much the sooner and long before its time, and stops forever ! " Doctor, why do you use tobacco so ? " said we a few months since to a physician whom we met on the street, whose whole mouth seemed to be so full of it that he was crunching it as persons do who have a mouthful of water-melon. " I must do it to keep down the pain in my teeth. " We never saw him afterwards, and the record of his death reads thus in the *American Medical Times* : " He suffered from disease of the aortic valves of the heart, leading to dropsical effusion, resulting in mortification of the legs and feet, ending in tetanic symptoms and death. " What a fearful concatenation of human maladies : heart disease, dropsy, mortification, and lockjaw ! any one of which ailments is enough to destroy an iron frame. But note : the disease began in the heart, that heart which had been kept in excess of excitement for so many years by the long, steady, and large use of tobacco.

With beacon-lights like these shining full in his eyes, the man who persists in the employment of tobacco in any shape or form, and who, to all arguments against its employment, can only reply, " I can't, " or " I won't, " only confesses himself a moral impotent or a reckless criminal ; for that it is a crime to knowingly persist in practices which are destructive to the body, can scarcely be denied.

Tobacco does relieve pain, but it never cures, never removes, never eradicates pain ; it only blunts the sensibilities. Pain is nature's warning that something wrong is going on in the system, and urges its rectification ; tobacco suppresses the cry, by rendering the parts insensible to hurtful agencies, but those agencies do not cease, and as incessantly as before work away at the demolition of the body : a burning building is not the less in course of destruction because the inmates do not see or

feel the fire. But tobacco excites; it stimulates to exertion which would not otherwise have been made. All exertion is at the expense of vital force, of life-power, of nervous energy, and in proportion as these are drawn upon in advance, a time must come, as with a balance in bank, when there are no assets to be drawn upon, and the life-power is bankrupt, the body fails and passes into the grave. Thus it is that when persons come to their final sickness, who have used stimulants largely, whether of tobacco, opium, or spirits, there is a lack of recuperative power; their disease is of the typhoid type; there is no elasticity of mind or body; the latter is weak, the former is asleep, and the patient lies for hours and days in an insensible state, or is only made conscious by shaking the body violently, by loud words, or by some acute pain, the death-throe of nature for existence. Mr. Webster died in this way, so did Mr. Douglas, and Count Cavour, and Dr. Rease, and multitudes of other eminent men, who by keeping the system stimulated beyond its natural condition, exhausted its vitality, its nervous power, in advance; hence, when serious illness came, there was nothing to fall back upon, no recuperative power, and they now sleep in the grave! Webster and Douglas used alcohol; Choate used opium, as was said; Reese used tobacco; Cavour was a gourmand, exhausted the life-power in advance, by overtaking the powers of the stomach. It is notorious that the men who, working about the breweries of London, swill beer by the gallon daily, do, by the time they reach forty years, become so deficient in recuperative power that an abrasion of the skin, a cut of the finger, and even the puncture of a splinter or the scratch of a pin, is almost as certainly fatal as a bullet through the brain or body. These are terrible teachings, but they are true.

NIGHT-AIR.

MUCH that is untrue has been communicated to the public as to the healthfulness and unhealthfulness of night-air, for want of enlarged information and opportunities of observation on the part of the writers. There is no one universal, safe rule; what is a healthful practice in one latitude, or one locality, or one season, may be deadly in another. Peculiarity of constitution modifies all rules on this subject. The only safe plan, there-

fore, is, to enunciate certain well-established principles, which the intelligent reader must wisely apply in practice.

There is nothing necessarily injurious in the night-air, even to feeble, delicate persons, in our latitude, or any season of the year, provided a hot meal has been taken, and the person exercises with sufficient activity to be comfortably warm, and keep off a feeling of fatigue; but as soon as the exercise ceases, shelter should be taken in a house. With these precautions, exposure to the night-air is a positive good to sick and well, as a very general rule, because the in-door air is the out-door air mixed with various in-door sources of impurity.

Except in the miasmatic season of the year, which, in latitudes north of thirty-five, may be embraced between the first days of August and October, most persons may sleep with impunity, and even with advantage, in the open air, with the sky for a canopy, if there is enough covering to keep the body comfortably warm. Whether in sleeping in a house, the windows should be open or closed, depends on the part of the house occupied, and on the season of the year. Many a life is annually lost by not taking these points into account. In our book on "SLEEP," the laws of miasm are clearly stated; and this can not be done too often, nor can they be too well or too generally understood, because it is a subject of vital importance to every human being.

When it is cool enough to keep fires in the house all day, and until the nights begin to get cool in the autumn, it is far better for both sick and well, whether sleeping in the cellar or in the garret, to have an abundant supply of out-door air coming into the chamber from windows let down at the top, and raised from the bottom, more or less, according to the size of the room, the number occupying it, and the season of the year; always, however, arranging that a draught of air should not be on the sleeper.

In the miasmatic season, a discrimination should be made, and a sound judgment should be exercised. The general rule is, that during August and September, when the days are hot and the nights are cool, in flat localities, along watercourses, and near lakes and ponds, persons sleeping on the ground-floor should close all the outer doors and windows, but in the upper stories the windows may be opened, and the inner doors closed,

because the cold keeps the miasm, the disease-engendering agency, near the earth's surface, within the first five or six feet, and lower in proportion to the greater coolness; as you ascend above that point, the air becomes purer and purer. Some of this malignant air will enter the chamber through the crevices of the windows and doors, although they may be closed; but it enters in such small quantities that it is immediately warmed, for it is ordinarily ten degrees warmer in-doors than without, at night, in the autumn; and this greater warmth rarefies the incoming air, and sends it at once to the ceiling, where it can not be breathed. As this bad air is below the upper stories of a building, the windows may be opened; yet, as inside the building, it seeks the upper portions, the inner doors should be closed, so that it should be admitted in as small quantities as possible. The great general fact is this: miasm and carbonic acid gas, mingled in the air we breathe, will cause death in a month, or in a minute, according to their concentration, according to the strength of the mixture. Cold causes them both to seek the surface of the earth or the floor; hence in a cold chamber the nearer the ceiling you sleep the purer the air is; but in a warm chamber the purest air is on the floor, as the warmth sends the poisonous gases to the ceiling. At the first glance all this appears vexatiously complex; but when the natural law on the subject is clearly perceived, it is beautifully simple, as all God's laws are, and as wise and beneficent as they are beautiful and clear.

A DISINTERESTED APPEAL.

WITH all the earnestness of our nature we urge on every subscriber and every casual reader of this JOURNAL to notice the article headed "Pay your Debts" in the last number; and when you have read it, have the manliness, the moral courage, the humanity, the Christian consistency, to make out a list of every indebtedness, and let not one single dollar remain in your purse overnight, unless it be that you are saving it to make up an amount to meet an imperative engagement. It is an absolute cruelty for any man who owes another, in these times, to permit money to lie idle in his hands. There are times when a single dollar may lift a mountain weight from the heart of a man who is worth thousands. A publisher narrated in our

office, not long ago, an incident in reference to himself. "For a long time I had been preparing to meet a bank debt; it was a large sum to me—the only note in the world I had against me. Pay-day came, and I was not prepared. My wife and I had talked it over many times. She bravely denied herself even seasonable clothing, and arranged things in the kitchen so as to diminish the indispensable outlays to the smallest possible amount. Various persons who were owing had promised to do all in their power to help me in the emergency, for I went so far as to plainly state my case, and almost plead with them to do their best, their very best. But when the morning of the dreaded day came, the sun shone bright and beautiful, but there was no brightness nor beauty in it to me and mine. When the little children came to the breakfast-table there was such an ominous silence, that without any reference being made to the all-absorbing subject, even they seemed to feel the presence of an incubus. As is too often the case in such emergencies, one reliance fails, then another, and finally what a man can't do himself must remain undone. However, there at length remained only one dollar, a single dollar literally was wanting, after gathering up every penny in the house, even entrenching on the little savings of the children. Three o'clock was rapidly approaching, and the dreaded protest. What imaginings of ruin crowded my brain, coming and going with each successive turn of events! I could have borrowed the miserable dollar from any one of a multitude of friends; but I didn't borrow money, that involves reciprocities, magnified with Lord Ross's telescope; besides, to ask a friend to lend me a dollar, to have to confess I needed a single dollar so much, I could not stand it! A neighbor had owed me a dollar for a small book; it had been due a year; he had often told me to send for it, but I did not employ collectors, and to go myself to collect a dollar was "*infra dig.*" I could not stay in the house any longer. The mind wanted relief. I went out into the street as aimlessly as any loafing saunterer that ever disgraced manhood. Would you believe it, I met the very man who owed me the immensely-desired dollar, and before he came in hailing distance, he began to feel for his pocket-book, and with apologies for his remissness, he handed the amount! And what do you think I did? Why, like many a—I don't know what—before, I made

out as if it was of no sort of consequence ; that any other time would have done as well—in fact, if it had never been paid, it was of no moment whatever ; and no actor on the stage could have exceeded the inimitable indifference with which I put out my hand to receive the rag. But as soon as he turned the corner, didn't I clutch that paper-dollar ! didn't I heel it down to Wall-street at 2 : 40—and “better,” by a baker's dozen ? Didn't I take up that note, and vow most religiously that I never would give a note in hand again the longest day I lived ? Nor have I yet. But every time I think of it there is a sinking within my bosom, and an abasement at the remembrance that I was still full of poor weak human nature in that “I made believe” I didn't care about that contemptible dollar. Reader, there are multitudes of similar cases taking place in New-York and other large cities and towns every day. If every subscriber to a newspaper or magazine would but have the honesty to remit a due subscription the instant he lays down this paper, nay, more, if every such person who has the amount in his pocket, or at home, would do this at this juncture, an amount of depression, if not of agonizing anxiety, would be removed from a large class of industrious, hard-working, indulgent, and honorable publishers of newspapers, of books, and of magazines, that is utterly incalculable. Not a solitary subscriber owes us a dollar ; on the contrary, we owe them four more Journals ; but we are urging a plea for our exchanges, some of whom have stopped, others are in a deadly drag, and many more must fall into the same condemnation, some of them losing the products of the labor of a lifetime ; and all this because the men whom they have done so much to amuse and instruct and gratify, withhold the pittance of a dollar or two or three, which they could certainly pay, if they had but the will. Shame, a burning shame, to all such !

The order of payment is of great practical importance. It is a ten-fold economy of happiness and health to pay ten debts averaging a dollar each, than to pay one of ten dollars ; for ten persons are gratified, ten holes are stopped, ten chances of being dunned are removed instead of one, ten annoyances are got rid of instead of one ; for what is a greater annoyance, a greater jar on a sensitive mind than to be dunned for a dollar when there is not a penny in the pocket ? You feel mean be-

cause you are so poor, and meaner still from the consciousness that your neighbor has found out that you can not pay a contemptible dollar, while if you know that he really needs it, mortification and regret are added to the catalogue. The smallest debts should be paid first, on the presumption that the smaller the debt, the poorer is your creditor, the less his ability to borrow, in case he is disappointed in getting what you owe him, and the less can he afford the time required in calling on you.

CROUP is an inflammation of the inner surface of the wind-pipe. Inflammation implies heat, and that heat must be subdued or the patient will inevitably die. If prompt efforts are made to cool the parts in case of an attack of croup, relief will be as prompt as it is surprising and delightful. All know that cold applied to a hot skin cools it, but all do not as well know and understand, that hot water applied to an inflamed skin will as certainly cool it off. Hence the application of ice-cold water with linen cloths, or of almost boiling water with woollen flannel, are very efficient in the cure of croup. Take two or three pieces of woollen flannel of two folds, large enough to cover the whole throat and upper part of the chest, put these in a pan of water as hot as the hand can bear, and keep it thus hot, by adding water from a boiling tea-kettle at hand; let two of the flannels be in the hot water all the time, and one on the throat all the time, with a dry flannel covering the wet one, so as to keep the steam in to some extent; the flannels should not be so wet, when put on, as to dribble the water, for it is important to keep the clothing as dry as possible, and the body and feet of the child comfortable and warm. As soon as one flannel gets a little cool, put on another hot one, with as little interval of exposure as possible, and keep up this process until the doctor comes, or until the phlegm is loose, the child easier, and begins to fall to sleep; then gently wrap a dry flannel over the wet one which is on, so as to cover it up thoroughly, and the child is saved. When it wakes up, both flannels will be dry. The same results will follow if cold water is used, the colder the better; the cloths should be of muslin or linen and of several folds thickness, large enough to cover the whole throat and the upper part of the breast. Hold a dry flannel over the wet

muslin, and as soon as the latter gets a very little warm, replace it with an ice-cold one. In this manner the most remarkable and grateful relief will be experienced within fifteen minutes, if the false membrane has not begun to form. If these applications are commenced on the first approach of croupy symptoms, they may be necessary for an hour or two; if delayed until death is imminent, they should be continued for days, if necessary; easier breathing, looser phlegm, and lessening restlessness being the certain signs of improvement, that danger is passing away.

Thus hot and cold water are both efficacious, because heat is essential to inflammation; if the heat is diminished, the inflammation must subside; cold water applied to the skin with successive ice-cold cloths, or a stream of cold water, or by a cake of snow, or a piece or bag of ice, causes great coldness in a direct manner. Hot water cools the surface by becoming steam, which absorbs an immense amount of heat, and rising, carries it from the body. Water absorbs more than a thousand degrees of heat before it becomes steam or vapor. Hot water is a more agreeable, a less shocking method of affording relief than cold, and is, perhaps, more generally accessible than ice-cold water. Linen cloths should be used with cold water, because it is known that a piece of wet linen or muslin applied to the skin feels colder than a piece of wet flannel, both having been dipped in cold water. The linen is a better conductor, carries off heat more rapidly. In the use of hot water, on the other hand, woolen should be used, because the object is to increase the heat, or rather retain it so as the more speedily to convert the water into steam, which carries off heat with many times greater rapidity than an ice-cold linen cloth. The reasons of these things are mentioned so that their application may be made more understandingly, and consequently more efficiently. Croup is a disease of early childhood, and is always brought on by a cold, generally resulting from exposure to the raw, damp air of sundown in the early spring and later fall, March and November.

The grandest, happiest hour of Jacob's life did not seem thus grand and happy, until it had departed, not to be repeated thus forever. And so are present hours of sunshine to us ever passing, but we recognize the sunshine only by the coming shade. Happy they who are wise enough to perceive and feel and enjoy life's sunshines while they are present. There are many who not only have not enjoyed their sunshine, were not conscious of its presence, but when it has passed, make life miserable in the vain regrets of not having appreciated and improved it while it was passing.

What heart-pangs daily seize on many a child (now grown to manhood) in memory of days departed, when father and mother were alive, in that they had not done more to make that father and mother happy; in that they had not done more to consult their wishes, to soothe their sorrows, to smooth their pillows, and strew their later pathway with flowers and smiles and sweet caresses; how sadly, and as vain as sad, do they remember thousands of opportunities wherein by little attentions, costing nothing at the time worth naming, they might have moved a stone out of their way and put a rose where was a thorn, or sung a song where there was a sorrow.

Many a time does the heart-breaking apostrophe leap from the bosom prison: My sister, why was I not kinder to thee! Dear brother, why did I not lend you more of my sympathy, and by kindly counsel and more substantial aid, help you in the time of your discouragement and trouble! And quite as often in the married relation is there a failure of proper appreciation of the husband or wife, until beyond all sympathy or praise; then vain the apostrophe: Could I have you back but one hour, how would my inmost soul leap out in love and my eyes run rivers of penitential water!

To go down to the grave then without bitter remorse, to have an old age crowded with dear delightful memories, cultivate the habit of perceiving and enjoying the present sunshine, of appreciating present blessings and present happiness; cultivate, sedulously cultivate a respectful affectionate attention to parental wishes, to the promotion of parental comfort and peace and quietude and gladness, and to all your kindred, especially to those nearest to you; aim steadily, not merely to discharge your whole duty, for that is a cold word in this connection, but let your whole life go out to them in willing sympathies, in timely assistance, in generous allowances, and in forbearances loving, and long, and sweet. Such a course will bring present rewards, and will lay up for the future a store of delightful satisfactions to be feasted on till life's latest hour.

STRIKING SENTIMENTS.

IN June, 1842, I began the practice of transcribing any short impressive sentence which occurred in reading; this habit is commended to the young as possessing very great advantages, requiring at times considerable moral courage, but affording ever after an enduring source of instruction and enjoyment. The work began thus, with an occasional originality:

“In miscellaneous reading some sentences strike the mind with peculiar force. The following appear to me to be very truthful, and may possibly indicate character:”

Great devotion to literary pursuits, without active exertion, often engenders indecision and want of manliness.

The heart that has once unwisely confided may break in its loneliness, but can never trust wholly again.

The true education of each man should commence when his collegiate studies are concluded.

The happiness of the heart induces seriousness, not noise or mirth.

Love is the sun of every society of the moral universe.

The heart that has anything to love and is loved in return, can never be utterly and remedilessly wretched.

One may feel as solitary in a crowd as in a desert.

The remembrance of duties heartlessly performed gives little satisfaction.

It is easier to take away a good name than to restore it.

Better to have chosen friends in the country than to be chosen friends in town.

I scarcely ever knew an instance of the companions of one's boyhood being agreeable to the tastes of one's manhood.

A fool flatters himself; a wise man flatters a fool.

Moments sometimes make the hues in which years are colored.

Pride is a spring-board at one time, and a stumbling-block at another.

O, once I loved another girl!

Her name it was Mariar,

But Polly, dear, my love for you

Is forty-five times higher!

Few accomplishments so much aid the charms of female beauty as a graceful and even utterance, while nothing so soon produces

the disenchantment that necessarily follows discrepancy between appearance and manner, as a mean intonation of voice or a vulgar use of words.

Men are seldom struck with incongruities in their own appearance any more than in their own conduct.

Tears to many bring relief, but to the broken heart they only widen the wound.

A dreary thing it is to walk through the crowded street and see smiles wreathing around bright faces when they meet faces as bright as themselves, glad eyes lighting up at the sight of those whom they love, friend meeting friend, taking him by the hand with kind wishes and inquiries, and then look in upon your own lonely heart and feel that none of these are for you.

Nothing is so apt to disgust a feeling mind as a mistaken zeal.

We may have a thousand resources of happiness, but without a consciousness of rectitude of purpose, not one of all of them will avail. Bolingbroke, impeached within twelve months for high treason both by whig and tory—whom he had alternately served—banished, confiscated, condemned, was found at last to make out happiness from a consciousness of his own designs, and to consider all the rest of mankind as uniting in a faction to oppress virtue, impersonated (as he imagined) in himself.

An ambitious mind can never be fairly subdued, but will still seek for those gratifications which retirement can never supply.

Things written on an occasion, seldom survive that occasion.

With what mingled pleasure and pride do we learn that some great man had some deficiency of which we ourselves feel conscious, then foolishly imagine that we are great from having one or more of the foibles of the great. They were great in spite of those foibles; we are great in consequence of them. Because Goldsmith was a fool in mixed company, and Addison an ass, it does not follow that all fools and asses are Goldsmiths and Addisons.

He who assumes to be what he is not, will inevitably become nothing at all.

If a man becomes notable, he must make, not receive, an impression.

The surest and most speedy road to distinction is the diligent cultivation of natural tact.

To be elucidated into obscurity.

There are hours in which the mind of a literary man is unhinged, when the intellectual faculties lose all their elasticity, and when none but the simplest actions are adapted to their enfeebled state. At such times Bayle looked at clowns, and the Jewish Socrates, Moses Mendelssohn, stood at his window and counted the shingles on his neighbor's house.

Bayle said he could never comprehend the demonstration of Euclid's first problem.

Reading without reflection will never make a man wise.

Invention depends on patience; contemplate your subject long; it will gradually unfold until a sort of electric spark for a moment convulses the brain and spreads down to the very heart a glow of irritation, then come the luxuries of genius.

Conscience, when once hushed to sleep, may rise to torture, but will wake no more to save.

We darken our own lot, then call our sorrows destiny.

Unruffled self-possession is the philosophy of society.

From the follies of youth spring many of life's after sorrows.

Every occurrence that awakens a new emotion in childhood, is the forerunner of everlasting consequences.

History, at best, is in many respects a fable, a record of mistakes and prejudices.

He who cannot conceal his vexation, makes himself a laughing-stock for his enemies.

HUMAN HOPES.

On the tenth day of December, 1799, "full of health and vigor, Washington looked forward to his long-cherished hope—the enjoyment of a serene old age at Mount Vernon, the home of his heart." On that day he completed a manuscript book of thirty pages, detailing a complete system for the management of his estate for many succeeding years, specifying the cultivation of the several farms, with tables designating the rotation of crops. This manuscript was accompanied by a letter to his manager; this was on Wednesday; on the Saturday following, Washington was dead.

Multitudes are there whose existence is one continued struggle for the means which will enable them to retire to the country and live at their ease for the remainder of life. How few of all that

company succeed, need not be expressed here; and of that small number more than half have their hearts so eaten out by the conflicts of life, that no lusciousness is left, no zest for the pure and quiet joys of the country—nothing left but the dry, hard greed of gold, and bitter reflections as to the deep depravity of their fellow men; no sunshine lights up their countenances; no kindly words escape their lips; no generous acts mark out their daily lives; all humanity has died out in them; they have only one joy, and it a semblance—the joy of clutching and hoarding money. Against a life so terrible as this there is a protection—there is a happy deliverance; it consists in wisely enjoying what we may of the present, instead of setting apart a future for it, which we may never see; all along aiming by word and deed and thought and prayer to secure a resting place in heaven.

THE LITERATURE OF THE TIMES.

IN the earliest ages the mode of imparting information was verbal; was by familiar communications. Later, Homer sung and philosophers recited in more set forms. Further on in time, the steel on the stone; then the pen on papyrus; next, books; last, newspapers and the periodical press; this is an agency which stretches its arm over the habitable globe; no deep ravine, no mountain top; nor broad savannas, nor shoreless seas; no prairie, no forest which it does not reach; it penetrates the prisoner's dungeon; it reaches to the courts of kings; not a page that does not make its mark, not a line but has its influence; and whether for ill unending, or eternal good, depends on the character of that line or page, its falsehood or its truth; one or the other it must be.

The periodical press is now the chief educator of the masses of civilized lands, and it is always at work; in the silence of night as well as in the glare of day; in the hum of the city as well as in the secret closet; and most, may-be, in the darkness and in the closet, for then and there reflection comes, aided by stillness and silence, to deepen impressions and fix ideas in the brain, ready for the action of the life.

Water falling on the head drop by drop on the same unchanged spot, makes a man a raving maniac in very brief space; so ideas, one by one, falling on the brain or impressing the heart, have an influence for the terrible or the blessed not less certain than the

ceaseless falling drops, to craze that brain, to crush out that heart's affections, or to lighten, beatify, and bless.

To supervise then the ideas, the reading which comes day by day in their tiny instalments of drop by drop upon the brains and hearts of the young, would seem to be among the first things of a father's duty, of a mother's care. And if in this age of bustle and hurry, parents and guardians have not the time to read first all that comes before the eyes of the young, the next best course is to purchase such books and patronize such publications as come from men whose past lives and writings give assurance that nothing can come from them which is not pure, profitable, and true; discarding resolutely that large class of publications which panders to the prevailing opinions of to-day, which at one time is virtuous, at another vicious; at one time on the side of law and order, at another standing shoulder to shoulder with disorganizers; at one time for the Sabbath, at another against it; at one time for the Bible and for religion, but ready at any hour, for a consideration, to lend temporary aid and comfort to the enemies of both. Let all the good, then, have to do with those who, in a true sense, are the same all the time.

THINK WELL, RATHER THAN EVIL.

BY REV. E. H. CHAPIN.

I BELIEVE it to be a much better piece of wisdom to think the best of men rather than the worst. I had rather be cheated, once in a while, and hold to the general tenor of this trust, than to wear a double magnifying lens of suspicion, and be always safe. Nay, am I not cheated in this way just as much, and more? By adopting this suspicious method, I both cheat and am cheated. I cheat many an honest man of his just claim upon my regard and confidence, and I am cheated out of the blessedness of whole-hearted love and kindly association. Therefore the unmerciful man is most certainly an unblessed man. His sympathies are all dried up; he is afflicted with a chronic jaundice, and lives, timidly and darkly, in a little narrow rat-hole of distrust. He has no free use of the world; he breathes no liberal and generous air; he walks in no genial sunshine. He loses all the bliss that comes from sympathy, from open-heartedness, from familiar and confiding association. More than this, such a theory of humanity is an open self-condemnation. Whence has he derived this theory? Upon what premises

has he built it up? Surely, from his own self-consciousness, from his own personal experience. There is darkness within him, and so darkness falls upon everything. His own actions are sinister, and so all humanity squints. The suspicious man, the man who distrusts all other men, and so is unmerciful to all, reveals himself as a mean man. For I urge, that not only is this an unmerciful view of men in general—it is an unjust view. The goodness of people around us is not all a mask. There is much that is “sounding brass and tinkling cymbal,” but also there is sweet and true music. I believe those men who seem to us the worst, seem worse than they really are. I believe there is some vein of light in the darkest heart—some extenuating influence in the basest life. Now, it is well not to run into extremes, but to regard men as they are—creatures with mixed motives and complex natures. But if an extreme we must have—if we will adopt a sweeping theory respecting mankind in general—I repeat, it is better to think the best of them rather than the worst, and run the risk.

SEARCH FOR WIVES.

BY REV. H. DANIELS.

WHERE do men usually discover the women who afterwards become their wives?—is a question we have occasionally heard discussed, and the custom has invariably become of value to young lady readers. Chance has much to do in the affair, but then there are important and governing circumstances. It is certain that few men make a selection from ball-rooms, or any other places of public gayety, and nearly as few are influenced by what may be called “showing off” in the streets, or by any allurements of dress. Our conviction is, that ninety-nine hundred parts of all the finery with which women decorate or load their persons go for nothing, as far as husband-catching is concerned. Where, and how, then, do men find their wives? In the quiet homes of their parents or guardians, at the fireside, where the domestic graces and feelings are alone demonstrated. These are the charms which most surely attract the high as well as the humble. Against these, all the finery and airs in the world sink into insignificance. We shall illustrate this by an anecdote.

A certain gentleman, whose health was rapidly declining, was advised by his physicians to try a change of climate as a means for recovering his health. His daughters feared that those who had

only motives entirely mercenary, would not pay him that attention which he might expect from those who, from duty and affection united, would feel the greatest pleasure in ministering to his ease and comfort. They therefore resolved to accompany him. They proved that it was not a spirit of dissipation and gayety that led them to do this, for they were not to be seen in any of the gay and fashionable circles; they were never out of their father's company, and never stirred from home except to attend him, either to take the air, or drink the waters. In a word they lived a recluse life in the midst of a town then the resort of the most illustrious and fashionable personages of Europe. This exemplary attention to their father procured these three amiable sisters the admiration of all the English at S——, and was the cause of their elevation to that rank in life to which their merits gave them so just a title. They were all married to noblemen—one to the Earl of B——, another to the Duke of H——, and afterwards to the Marquis of E——, and a third to the Duke of N——; and it is justice to them to say, that they reflected honor on their rank, rather than derived any from it.

HONESTY THE BEST POLICY.

THE late Duke of Buccleugh, in one of his walks, purchased a cow in the neighborhood of Dalkeith, which was to be sent to his palace on the following morning. The Duke in his morning dress espied a boy early ineffectually attempting to drive the animal forward to its destination. The boy not knowing the Duke, bawled out to him, "Hie, mun, come here, an' gie's a han' wi' this beast." The Duke walked on slowly, the boy still craving his assistance, and at last, in a tone of distress, exclaimed, "Come here, mun, an' help us, an' as sure as onything I'll gie you half I get!" The Duke went and lent a helping hand. "And now," said the Duke, as they trudged along, "how much do ye think ye'll get for this job?" "I dinna ken," said the boy, "but I'm sure o' somethin', for the folk up by at the big house are gude to a' bodies." As they approached the house, the Duke disappeared from the boy, and entered by a different way. Calling a servant, he put a sovereign into his hand, saying, "Give that to the boy who brought the cow." The Duke having returned to the avenue, was soon rejoined by the boy. "Well, how much did you get?" said the Duke. "A shilling," said the boy, "an' there's half o' it to ye." "But you surely got more than a shilling," said the Duke. "No,"

said the boy, "as sure as death that's a' I got—an' d'ye no think it's plenty?" "I do not," said the Duke, "there must be some mistake; and as I am acquainted with the Duke, if you return, I think I'll get you more." They went back, the Duke rang the bell, and ordered all the servants to be assembled. "Now," said the Duke to the boy, "point me out the person that gave you the shilling." "It was that chap there with the apron"—pointing to the butler. The butler confessed, fell on his knees, and attempted an apology; but the Duke indignantly ordered him to give the boy the sovereign, and quit his service instantly. "You have lost," said the Duke, "your money, your situation, and your character by your covetousness; learn henceforth that honesty is the best policy." The boy by this time recognized his assistant in the person of the Duke; and the Duke was so delighted with the sterling worth and honesty of the boy, that he ordered him to be sent to school, kept there, and provided for at his own expense.—ANON.

THE PEW SYSTEM

HAS its advantages and disadvantages, and there is reason to believe that, under the present order of things, it is proper and necessary that families should rent or own their pews, with modifications according to circumstances. It might answer an excellent practical purpose for each pew owner to open the door (if there is a vacancy) as soon as he knows that all the members of the family to be expected on the occasion are in. Such an arrangement would relieve the sexton of a delicate duty, and would be a tacit invitation to those waiting for a seat at the threshold, and thus enable all to be accommodated within a few minutes of the commencement of the services.

The Saturday newspapers regularly contain a column or more of notices of public service at particular places, with a direct or implied invitation to the public to attend; and yet, in too many cases, when the public do attend, they are negligently, if not discourteously and insultingly treated. The daily press contained a notice lately, that on the last Sabbath of the month, the house on Fourth Avenue where Dr. Bellows officiates, would be re-opened, when that gentleman would address the people. For a variety of reasons we attended with two ladies, one of them of great culture from a distant State. Having a special desire to hear the distinguished speaker, we were there some minutes before the time. There was

quite a crowd of persons at the vestibule ; perhaps a hundred were already seated. There was one sexton to show strangers to seats, but this was so slow a process that the crowd was steadily increasing. Those who were entitled to seats could scarce pass, and the impatient exclamation from a richly-dressed woman—"let me by"—was no more agreeable to hear than the voice of the sexton, which soon followed ; for, seeing that with all his efforts there was no visible diminution of the number of those who were waiting, he made a kind of speech to the crowd, which, with a sweeping wave of the hand, seemed to mean that all were included, "there are plenty of good seats in the gallery ;" but whether for ladies, gentlemen, or pigs, was not stated. We concluded, under all the circumstances of the case, to withdraw to some more hospitable clime, and passed on to Calvary church, where the model sermonizer officiates. As no man can listen to Dr. Hawks five minutes without profit and instruction, we determined to make some sacrifices, feeling sure, from very many previous occasions, that we would be fully compensated. We took the liberty of finding seats for the ladies at once, and retired among the undistinguishable crowd of waiters, to bide our time. A number of pews had but a single occupant. They were coming to the inimitable litany, and we had no seat. A lady in front of us had several times looked around, as if she were distressed at seeing so many persons standing so long, and taking it as an invitation, we made ourselves the second occupant of her pew ; and as she took some pains to show us all the places, and with great courtesy invited us nearer to her so that we could see and listen to the greatest advantage, we soon felt at home ; but at the commencement of the discourse there were ladies and gentlemen still standing. At the end of the service we paid for our seat in the way of a general collection. At the opera we pay first, and are promptly and deferentially conducted to a seat, without the penance of standing twenty minutes or half an hour. These things ought not to be. Considerate persons will wait patiently for many minutes, but the great majority are so ruffled in their minds if there is a longer waiting than five or ten minutes, that they are not benefited by anything that follows. It is therefore suggested,

That one or two persons be stationed at the head of each aisle, from fifteen minutes before the service until the commencement of the second hymn, as at Mr. Chapin's, in Broadway, thus showing that his Gospel is literally for all, and not for those only who can purchase pews at one and two thousand dollars apiece.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

SEPTEMBER, 1861.

[No. 9.]

M I A S M .

ON the wings of the viewless winds in September, the sickliest month of the year, there is wafted an agency of disease and death, so ethereal in its nature, so intangible to mortal sense, so insinuating, so all-pervading, that no alembic can detect its presence, no prison-bar or palace-gate can prevent its entrance. It is called "MIASM;" it is an emanation from the surface of the earth wherever there is vegetation, moisture, and heat equal to eighty degrees, and is the fruitful cause of many diseases which ravage whole communities at a time, such as agues, fevers, diarrhea, dysentery, cholera, pestilence, and plague. But its laws are known, (see September JOURNAL, 1860,) and its destructive agencies can be averted by avoiding exposure and fatigue in the out-door air for the hours including sunrise and sunset, at which times a hot breakfast and supper should be eaten, by a good fire, in all prairie, flat, water-course, and lake and sea-shore situations. If the common people could only be induced to take these simple, easy, practicable, and comprehensible precautions, these diseases would be prevented as epidemics, or averted in their progress, as certainly as that care can prevent the firing of a town, and that water will put it out. These are the teachings of science, and experiment has demonstrated their truth beyond a cavil. Yet who will take these precautions?

FROM THE MILLENNIAL HARBINGER.

PUBLIC SPEAKING.

Health and Disease—a Book for the People. By Dr. W. W. HALL, author of "Bronchitis and Kindred Diseases;" of "Consumption," and Editor of "Hall's Journal of Health." New York, A. D. 1859.

THIS is one of the most valuable books on *Health and Disease* that has fallen into my hands. It is written in a vigorous and transparent style, and is especially invaluable to public speakers, whether in-door or out-door speakers, and most especially invaluable to those called "preachers of the Gospel." It should be read and re-read by every preacher of the Gospel, and especially by the out-door speakers, of which class so many every year fall a prey to their ignorance and suicidal mannerisms in the violent inspirations and expirations of their lungs, or in one word, to their unnatural *respiration*. We have, at present, space only for the following extract:

"Public speakers, singers, auctioneers, etc., often bring on fatal diseases by the improper exercise of the vocal organs, and failing to protect them from cold immediately after. If a man speaks or sings in the air, or even in a house, where there is a current of air passing him, there are two causes of danger in operation. It requires more effort to speak in the open air, or in a draught, as in the hall, or passage, or stairway of a building; that effort debilitates the voice-organs sooner than he is aware, and with that effort and debility there is unnatural heat, while the current of air is constantly conveying the heat away from the body, depriving it of its natural amount, leaving the speaker or singer in the end weakened, exhausted, and if not really chilled, soon becomes so after ceasing the exercise. In all public speaking there is considerable muscular exertion, and always mental and bodily fatigue—sometimes almost exhaustion. The body perspires freely; it is not unfrequently that the inner garment is wet with perspiration. In this condition the body is chilled by very slight exposures; a very little wind, especially if the person stands still, or rides on horseback, or in a carriage, where there is no opportunity of muscular motion, is sufficient to bring on disease. To neglect the following precautions after exercising the vocal organs in a company, congregation, or other collection of persons, either in a parlor, public building, or in the open air, is suicidal. As soon as the exercises cease, put on an additional garment—shawl. coat cloak, or hat—and before leaving the building,

especially in fire-time of year, bundle up well, put on gloves, close the mouth, pass out and walk on quickly. When the weather is decidedly cold, or damp, or windy, it is important to remain in the house five or ten minutes after the exercise, so as to allow the body to part with some of its heat, and the perspiration to subside or evaporate. The object of walking is to keep the blood in circulation and prevent a feeling of chilliness. The mouth should be kept closed, so that the cold air shall not pass directly to the throat and voice-organs, but shall be sent through the nose and head around to the throat and lungs, thus allowing it to get a little warmed in its circuitous route, before it reaches the delicate organs of voice. Valuable lives and good men would be saved every year by attention to these things. If a person feels the necessity of talking as he passes homeward, or if he finds he cannot walk fast enough to keep himself warm with the mouth closed, then hold a handkerchief in one hand, and place it over the nose and open mouth, not very closely, but so as to leave a little chamber for the mingling of the cold air from without with the warm air just passed. It may surprise any one to notice how much longer he may be kept warm in walking this way than if he talked freely without the above application. We knew a small, frail-looking clergyman, one who preached every night for weeks, if not months, together, and often in the day, in winter, in a densely crowded assembly, and yet, with the above precaution, never had even the slightest hoarseness. He was careful, however, as to another point ; he always went to church and returned on foot and alone, so that there could be no temptation to neglect. The late Dr. Miller, that venerable and aged divine, Professor of Ecclesiastical History in the Theological Seminary of Princeton, New Jersey, while leaving his house to go to the seminary, in company with our brother, then a theological student, asked permission of him, on leaving his house, that he should be excused from “talking on the way,” and at the same time placed a handkerchief before his face as above described, which he did not remove until he entered the threshold of the seminary. The former clergyman especially avoided going with ladies, having found it sometimes prevented him from walking fast enough to keep him sufficiently warm. These may seem to some trifling things, and an insufferable bother to attend to so many small matters ; but nothing is trifling which saves human life, or averts years of sickness or suffering. The life of a single earnest worker in the ministry, fit for his place by education, piety, and a prudent mind, is worth more to the great world at large than the

lives of a dozen senators, governors, or presidents. It is by the labors of such men that civilized governments stand. They 'are the salt of the earth; its preservative power.' As a President General once said to the writer, 'without religion this government cannot stand; we cannot do without churches.' And although a poor man, he subscribed five hundred dollars on the spot for the erection of a house of worship.

"Many valuable men are prematurely disabled, especially in the West and South-west, in consequence of having to ride a mile or two, or twenty, immediately after preaching; they think it to be a necessity. As long as the world stands, and the human constitution is under its present system of laws, this can never be done with impunity, and besides, the assertion that it is 'necessary,' is impertinent and untrue. Impertinent, because it implies that the Almighty cannot carry on the work of His kingdom without sacrificing His most efficient laborers. As to the 'necessity' of it, it cannot be necessary that a man should risk his life to be at any place an hour sooner or later. But more, there is a wicked presumption in such conduct, and a mawkish faith besides, in hoping that Providence will in some way or other preserve them from harm, inasmuch as they are about His work.

"The days of physical miracles have passed, and we may be very certain that the Almighty is not going to suspend a law of Nature to accommodate a preacher who is an hour behind his time. We cannot exactly see the 'necessity' for such a transaction. No law of Nature is a 'little thing,' nor is a violation of it 'little.' The theft of a pin, and the theft of a thousand dollars, are equally thefts. We many times do little things, subject ourselves to trifling exposures, with impunity, but that does not justify us in repeating such a thing deliberately. The reason that harm did not follow in every single case was simply because the effect was counteracted by some contingency. A man takes cold a dozen times, fifty or a hundred times, and it passes off without any striking consequences. The next time he takes a cold he expects it will pass off like the others; but sometimes it does not, it settles on the lungs, and he dies; yet he may have had worse colds before. Our highest wisdom and our only safety is in living up to the laws of our being all the time, habitually, and such are the persons who live to a good old age, in health of body, and in that cheerfulness of spirit which is a natural fruit of habitual health.

"For a zealous, warm-hearted, efficient minister of the Gospel to be 'laid on the shelf,' to be incompetent for ministerial labor in the

very prime of life, amidst his usefulness, when the fields are already ‘white to the harvest,’ and the Macedonian cry, ‘Come over and help us,’ echoes from every quarter, like the wail of perishing mortals, is a ‘burden hard to be borne,’ even when incapacitated by causes wholly beyond his control. Charles Sumner, in writing from Aix, says: ‘It is with a pang unspeakable that I find myself thus arrested in the labors of life, and in the duties of my position. This is harder to bear than the fire. I do not hear of friends engaged in active service without envy.’ If a laborer for his country thus feels when incapacitated by violence from another’s hands, how much more keenly must a laborer for the great God feel, when he must remain idle, while he sees others ‘go in and possess the land.’ Charles Sumner felt it to be a torture greater than of irons heated more than red hot, and applied to his naked flesh, with a view to his restoration, and that even in the service of an earthly master. But a torture how much more intense must it be to a single-hearted minister of the Gospel, and aggravated to a deeper depth, if his incapacity is the result of his own carelessness!

“*Voice-organs.* No experienced traveller or trainer of a race-horse starts his animal at full speed. He first walks, then trots, then gallops, as the animal thus holds out longer. All the muscles of all men and animals are under the same laws. It is by the movement of a variety of muscles about the throat that we speak. If, then, a person begins a song, or sermon, or harangue, on a high key, he will begin to cough and hem, and break down most rapidly; but if the same person begins in a low tone, in a conversational manner, and is at least eight or ten minutes in reaching the powers of his voice, he will speak much longer, and with scarcely appreciable fatigue. There is no need of commencing a sermon on a high key. A congregation instinctively adapts itself to the tone of the speaker, while their very effort at quietness favors their attention to the subject.

“A judge on the bench does not screech when he gives an opinion which consigns a fellow-man to a prison or a gibbet. The importance of the occasion produces an awe that stills every movement, silences every tongue, and makes the heart almost cease its beating. But greater interests than these are at stake when the minister of heaven stands up in the sacred desk, an ambassador of God as to things immortal. But he loses much of these advantages if he merely raves. Besides, in beginning boisterously he shoots off ahead of his hearers; they are not in sympathy with him, and the effect is in a measure lost. We should see daily much larger results from

a preached Gospel if ministers could begin their services in a low tone, gradually increasing it, and then warm up more in unison with the people, it being always understood that the speaker has first thoroughly mastered his subject, as a distant object before his mind, his heart 'bound up' in the accomplishment of the object, with a feeling of deep and affectionate responsibility, in case that object is not accomplished from short-comings of his own.

"It is certainly a fact, that a man speaks with ease and effectiveness in proportion to his comprehension of his subject, and his interest in its promotion. It is said of one of the profoundest theologians and most effective preachers of a past age, that he spoke in a soft, slow, and low voice; the stillness made it awful, yet every hearer heard, while the waves of his eloquence swept across every heart. It is true he had a great mind to back him. We cannot say how mediocrity would fare in the premises.

"It is believed that an immeasurable amount of sickness, disease, and the weary suffering of weeks and months would be averted from multitudes every year, if the habitual precaution were taken, in weather even moderately cold, to close the mouth and breathe through the nose on going into a cooler atmosphere, and walking briskly for a few minutes, until the circulation has a little quickened, so as to get the blood started outwards, and gain momentum enough to resist the tendencies of the cold without, to drive it inward, and clog the machinery of life.

"This is a very little thing to remember, and an act very easily performed; while the omission of it, especially when coming out of a crowded apartment, warm to perspiration, and passing directly into a cold, raw, chilly atmosphere, brings death to many. But our recklessness of death does not allow us to hope that any considerable number of persons will take the trifling precaution which has been suggested."

We regard this extract worth more to every public speaker than the price of the volume. See pages 169 to 181. A. C.

WILLIAM CULLEN BRYANT, on his return from Europe, and after describing the small private residences of Paris, London, Boston, and Philadelphia, says, that "Fifth-avenue and Fourteenth-street (New York) are absolutely unsurpassed anywhere for the magnificence of their private dwellings."

OUR PUBLIC SCHOOLS

WE certainly admire the thoroughness, promptness, and efficiency with which several of the public schools of New York City are conducted. With the girls' school in Twelfth-street, number forty-seven, and in Twentieth-street, number fifty, we are somewhat acquainted, and are persuaded that no one can spend an hour in either of them without being carried away with admiration and thankfulness, that such high privileges and opportunities are within the reach of every child in the city, costing nothing. To some of the features of the public schools there are strong objections. It is nothing short of a barbarism to keep children at study from nine until three, many of whom are but four or five years old. This enormity is palliated somewhat by recreations or bodily activities every forty-five minutes; still, it would be greatly better for children, under ten, not to be kept at study longer than two hours at a time, twice a day, and to have nothing at all to learn in the intervals of school time. Not only are they kept in six hours a day, but have such a variety and length of lessons to learn at home, that play or rest is out of the question, except between three and five o'clock, when it becomes too late to be out in winter; and in those two hours they have to come home and take their dinners, leaving in reality but a single hour out of the twenty-four for joyous out-door play. And when it is remembered that of a winter's morning, breakfast cannot be over sooner than eight o'clock, and at half past eight they must start for school, the conviction must force itself on the mind, that to some children, at least, it is a species of martyrdom. The true system is, let the children learn while they are in school some four hours a day; but when out of school, let not the hours of glorious play be half-blighted by constant thought of the unlearned task. But even here there is some apology for the course pursued. The unfortunate poor cannot afford to be without the services of their children later than twelve or fourteen, and all the education they ever get must be had before that time; hence they must be driven some. Under the circumstances, we advise those who are better off in the world, to discourage the "promotion" of their children, and by taking them from school about the first of June, allow their class to pass up higher, while they remain to go on in the regular line, with the long interval from June to September for a perfect *abandon* of recreation in the country

We earnestly trust that "reception days" and "public examination days" will be universally abolished; they are nothing but a sham; they are literally a "vain show;" they glorify the teachers at the sacrifice of the health and time and enjoyment of the children, who are unwholesomely stimulated, and to an extent sometimes which perils life itself.

As to the reading of the Bible in the public schools, there can be but one opinion in the mind of any man of common-sense and moderate intelligence, and that is, it ought not to be dispensed with, and ought to be enforced. But then there ought to be a just liberality in this regard, and it is suggested with considerable diffidence, that a spirit of accommodation be cultivated. In some respects the Protestant Bible differs from the Roman Catholic Bible. Let certain schools be set apart for the children whose parents prefer they should hear the Roman Catholic version. No Protestant would submit to have his children hear the Roman Catholic version by compulsion, nor should he wish to place his Roman Catholic fellow citizen in a position which he could not endure himself. Right-minded men can scarcely object to this modification, and we trust that something of the kind will be adopted speedily, in a generous, compromising spirit, and let all go on harmoniously in the common war against ignorance and degradation and unthrift.

In former years the public schools were patronized only by the acknowledged poor; but when their thoroughness and efficient administration became known to families of position, education, and wealth, they one by one began to lay aside their prejudices against conjectured contaminations arising from associations with the "vulgar herd," and became willing to risk them for the sake of the advantages of an impartial, systematic, and thorough mode of instruction; they could look under the surface and see that it was not without a benefit for their children to be thrown into circumstances where correct deportment and scholarship would entitle them to distinction, instead of family names, expensive dress, and useless ornaments. So that now the anomaly is seen of the children of the richest standing in the same class with those of the poorest, while the middle classes—those who have to rent their own house, who are trying to climb, or do not feel secure of their position—are afraid to send to the public schools, and are reduced to painful stintings and screwings to meet the tax of full two hundred dollars a year, as the cost of the privileges of a fashionable city school.

That the last year or two, especially of girls, might be profitably spent at the first-class private schools of the city, is not to be denied; but let the first years be spent at the public schools, and let the children of the rich, by their better conduct, bring the children of the poor up to them, and thus be to them an encouragement and a blessing; for a calico dress or a patched jacket full often covers a noble heart, and the chances are even that in a generation the calico and the patch will be "at the top of the heap."

CHOOSING A MINISTER.

WHEN a congregation or parish becomes vacant, it is the dictate of the highest wisdom to select an incumbent at the earliest day practicable. In all vacancies, time is the fruitful foment of difference, discord, dissension, anarchy. A people without a stated preacher will wander away to hear various speakers, which is a fruitful source of differences of opinion; and different members of the same congregation, hearing the same preacher at different times, will disagree in their estimates of the same man, as no one is equally able on all occasions.

In making a choice, each one should cultivate a determination to abide by the will of the majority; and when a man is once fairly elected, stand by and sustain him, as if such choice were his own.

A compromising spirit should be sedulously cherished by every lover of "peace and concord." There should be an humble mistrust of one's own wisdom, and a becoming deference to that of others. Each one should tremble in view of taking the responsibility of a choice on himself, and say, "not as I will, but as ye;" thus generously sacrificing his own preferences to those of others. A minister selected with such feelings and sentiments, could scarcely fail to be a blessing to any community, the end being that all will come home as the day of life wanes, "bringing their sheaves with them."

TEETH FOR THE OLD.

DESERVED eminence in any calling can be attained only by years of patient study and unremitting toil. We have known a man for over fifteen years who for all their summers has bent over the fiery furnace heated to whiteness, and for many long winter nights retired not to his rest until the small hours of the morning came, only to rise again as soon as there was daylight to work by, spend-

ing money the meanwhile by tens of thousands, to find himself poor at last. This man is Professor Allen, of Bond-street, New York, who occupied at one time the highest chair in the Dental College of Ohio, president of the late Dental Convention of New York, and the industrious and able correspondent of the principal dental journals of the United States. To professional ability there is added a disposition too generous and too kind to escape impositions and injustices enough to quench all human sympathy, and yet he bears on his face the very impress of unsuspecting benevolence and unclouded hopefulness of a fruitful future.

It is almost incredible, but it is true, as we know for ourself, that now, for a week at a time, he scarcely sleeps four hours in the twenty-four, in the admiration he has for his improvements, and the wish to fill the urgent calls for immediate work which press upon him; for there are met in his office men who are themselves eminent in the dental profession by means of a devoted service to it for twenty and thirty years, and who have come to him for themselves or families, whose names and residences we know.

These statements are made more specially in reference to the invaluable benefits which Dr. Allen's improvements are able to confer on clergymen whose enunciation is imperfect from loss of teeth, and for those who, by reason of their cheeks falling in, look prematurely old. The difference in Dr. Allen's own appearance, when his improvements are in and out, is simply and unexaggeratedly wonderful. Clergymen whose legitimate profession is their only source of income are charged very little beyond the actual cost of the materials used and the time expended on them. Those who are in good circumstances are expected to pay liberally. Visitors are shown the photographs of persons whose teeth, gums, or cheeks are defective, and of the same after Allen's adjustments have been made. The inspection of these cannot but fill the beholder with admiration, as much at the perfection of the work as of the genius and indomitable perseverance of the man whose skill has accomplished it all; and we are highly gratified to know that he is beginning to reap a rich pecuniary harvest from the work of his hands, and quite as much so that there is no reasonable prospect of his professional services being required for our single self or double self for many a long, long year to come. To those of our readers who are curious to know what human art can accomplish in the way of rejuvenating the cheeks, and of making whole sets of teeth and gums in one solid piece, and so near nature in color, tint, and beauty, a visit to the Professor's rooms, in Bond-street, will be attended with the highest satisfaction.

RHEUMATISM.—Common rheumatism is a disease which affects the joints, the hinges of the body, in such a way, that the slightest motion of the ailing part gives pain. A creaking hinge is dry, and turns hard. A single drop of oil to moisten it makes a wonderful change, and it instantly moves on itself with the utmost facility. All kinds of rheumatism are an inflammation of the surface of the joints. Inflammation is heat; this heat dries their surfaces; hence, the very slightest effort at motion gives piercing pain. In a healthy condition of the parts, nature is constantly throwing out a lubricating oil, which keeps the joints in a perfectly smooth and easy-working condition. Rheumatism is almost always caused—indeed, it may be nearer the truth to say, that it is always the result of a cold dampness. A dry cold, or a warm dampness, does not induce rheumatism. A garment, wetted by perspiration or rain, or water in any other form, about a joint, and allowed to dry while the person is in a state of rest, is the most common way of causing rheumatism. A partial wetting of a garment is more apt to induce an attack than if the entire clothing were wetted; because, in the latter case, it would be certainly and speedily exchanged for dry garments. There are two very certain methods of preventing rheumatism. The very moment a garment is wetted in whole or in part, change it, or keep in motion sufficient to maintain a very slight perspiration, until the clothing is perfectly dried.

The failure to wear woollen flannel next the skin, is the most frequent cause of rheumatism; for a common muslin or linen or silk shirt of a person in a perspiration, becomes damp and cold the instant a puff of air strikes it, even in mid-summer. This is not the case when woollen flannel is worn next the skin.

The easiest, most certain, and least hurtful way of curing this troublesome affection is, first, to keep the joint affected wound around with several folds of woollen flannel; second, live entirely on the lightest kind of food, such as coarse breads, ripe fruits, berries, boiled turnips, stewed apples, and the like. If such things were eaten to the extent of keeping the system freely open, and exercise were taken, so that a slight moisture should be on the surface of the skin all the time; or if, in bed, the same thing were accomplished by hot teas and plentiful bed-clothing, a grateful relief and an ultimate cure will very

certainly result in a reasonably short time. Without this soft and moist and warm condition of the skin, and an open state of the system, the disease will continue to torture for weeks and months and years.

Inflammatory rheumatism may, for all practical purposes, be regarded as an aggravated form of the common kind, extended to all the joints of the body, instead of implicating only one or two. For all kinds, time, flannel, warmth, with a light and cooling diet, are the great remedies.

HEALTH OF SOLDIERS.—A watch-fob, five-by-six, three-ounce flexible-covered volume was published in June, which is worth all the books yet issued for the army for its moral, physical, and religious interests. The editor wrote the book, but feels no hesitancy in giving it this high praise, because it was taken mainly from the Bible, Watts's Hymns, and the *Scientific American*—all good authority. In addition, it contained a complete system of cookery, of which the world-renowned Soyer was the author. The remainder of the little volume is made up of practical suggestions taken from standard medical writers. We claim nothing in it for ourself, as our own, except the wording of some things in such a way that the most uneducated person might understand them, without giving him the headache. Every soldier ought to have one of these books. Every reader of this JOURNAL, who has a friend or relative in the army, should order one for such friend or kinsman; the cost, post-paid, is twenty-five cents. And for the not a few who are alone in the world, homeless, friendless, fatherless, some man of means should purchase a few hundred or thousand at ten cents, for gratuitous distribution.

We feel perfectly assured that the same amount of money which has been expended in purchasing hymn-books, "soldiers' libraries," etc., would have done a hundred-fold more good to the army and the country in the gratuitous distribution of our book on "SOLDIER-HEALTH," because its first object was to keep the soldier well, and to teach him how to manage when left alone, or lost, wounded or sick. Nine tenths of the men in the army have had more or less of a religious education, and already understand in some small measure the fundamental principles of our holy religion; but as to the method of preserving their

health, and thus keeping themselves in the very highest state of military efficiency, and the means of meeting the various casualties of war, when thrown upon their own resources, they are most profoundly ignorant; hence our book meets the first, fifth, and fiftieth want of the times.

Very recently, a poor soldier was found to have bled to death in the woods, from a wound in the thigh. He had crawled to a little shelter a few rods distant from the battle-field, yet the knowledge imparted in four lines of our book would have shown him how easily life might have been preserved with a little stick, or bayonet, or ramrod, and a string or piece of shirt or trowser. And there are fifty-eight other short items of instruction as to the best means of action in emergencies. The book earnestly advises that before a march, or battle, or other hard day's work, an early breakfast should be given to the men, and each canteen should be filled with cold coffee. The neglect of this on the part of the men—for three days' provision had been dealt out to each soldier the evening before—was a main cause of the panic at Bull Run, for the army began their march before daylight, each individual man having neglected to prepare his breakfast or coffee, and no opportunity for doing so occurring during the march, a battle was fought and really won on an empty stomach; but, when famishing for food, and the physical energies were exhausted by a twelve hours' march and fight on one of the hottest days of midsummer, the very best preparation possible was made for the excitement of an uncontrollable consternation, by the occurrence of any one of a million trivial but very possible incidents. Besides the hunger, there was the more urgent and tormenting thirst, which the flat water of a canteen could not satisfy, even if there had been a plenty of that; while a sip of strong coffee would not only have slaked the thirst in a measure, but would have imparted invigoration, and encouragement, and confidence to the men, for want of which the victory was lost.

As an argument for not touching alcohol in any form, at least not until the work was done, it was stated on page 37, that an important revolutionary battle was lost by the drunkenness of a single man, as reported in some histories. On the 29th of July, the morning papers stated, without contradiction since, that an officer of high grade was found so drunk at Bull

Run, that he was superseded on the field; and that having failed to do a certain work with the seven thousand men under him previous to the battle, the use of these men was lost; and had the work assigned been done, the panic would have been promptly arrested.

On the same day, documentary evidence was presented in Congress, that several millions of dollars' worth of property had been lost to the nation, by the apparent "drunkenness" of a navy officer.

The Press for many weeks has been teeming with accounts of the discomfort, and privation, and actual sufferings of the men, in consequence of the almost universal ignorance of cookery. Our book directed special attention to this most important subject, and embodied the experience of the best cook in the world, in the British Army, so that no man need be at a loss to cook for himself, for his mess, or for a hundred or thousand men, without making any material mistake.

AN EVIL TO COME, and which will come with the inevitability of the sun's shining, is provided against with the most perfect certainty in "SOLDIER HEALTH;" it is epidemic autumnal diseases, diarrhea and dysentery, which will begin to make their approach when hot days are followed by cool nights. These maladies have been known to frustrate campaigns and paralyze whole armies in a night, but which could have been avoided by encamping a little higher up the mountain, or on the other side of a stream.

An intelligent officer stated that he left his native city with a thousand and fifty men, and returned within a year with barely five hundred, from Mexico, the remainder having been left in hospitals, or died on the march, for they never came in sight of an enemy. These things show that the health of the soldiers is emphatically of the very first importance; hence a watch-fob volume, which can be taken into the battle-field without its being an appreciable inconvenience, containing, as "SOLDIER HEALTH" does, so much instruction, (moral, medical, and surgical,) applicable to such a situation, especially in the event of being wounded and left behind or for dead, when such is not the case, such a volume, we say, can be made, under a multitude of possible contingencies, worth more than its weight in gold to the suffering soldier. And now that a new army is

collecting "for three years or during the war," the book becomes of multifold more importance, especially at this juncture when attention to one single recommendation would prevent an incalculable amount of disease and suffering and very many deaths; that is, the wearing around the abdomen (belly) a woolen flannel bandage about fourteen inches broad, and long enough to be double in front, as a means of supporting the strength, imparting warmth, and of averting cold on the bowels, thus keeping off diarrhea, dysentery, and cholera, which are the diseases of all armies, especially in the fall of the year. That this simple expedient will do it, some of the foreign regiments who have experienced its efficacy in their own persons, it being a standing regulation in Germany, especially in Prussia, have adopted it almost to a man, of their own accord.

Having given as many of our books to the army as we felt able to do, it is now offered by the hundred to those who wish to distribute it gratuitously in the army, for ten dollars, or ten cents each; two dollars a dozen, twenty-five cents singly. As a coincidence, it may be mentioned that of the whole Bible the portion selected for the soldier's reading in times of peril or deliverance was that which Luther always sang when rocked in storms, to wit, the forty-sixth psalm.

WONDERFUL.—According to the latest and most authentic advices on the subject, the greatest, if not the only, wonder that ever appeared in heaven, was a—woman. (See Revelation, 12 : 1.) There was "another wonder," a great red dragon, but it didn't attract particular attention; the "great" wonder was the—"woman." *Per contra*, the greatest mundane wonder we ever met with in the whole course of our life, was a woman, too! This very day, and on this wise: Wifey is out of town, and feeling free-and-easy like, just as we used to in happy days departed, in good old New-Orleans, we thought it no harm to make an appointment to meet a lady in the precincts of "the Avenoo." The clock tolled the hour and the minute as the hand was laid on the bell-pull. The door opened, and there she was on the stair, all ready for the Branch, her husband being out of town. Said she: "My husband was never kept waiting for me a single minute in his life."

In the most serious manner possible, if a man can be serious

when there is nobody around to keep things so everlastingly prim and strait-jackety, we repeat, reiterate, and reëffirm the sentiment, idea, fact and faith, that there is not another woman in the whole universal world who can lay her hand on the place where the heart ought to be, and truthfully asseverate, declare and affirm that she never kept her husband waiting for her a minute. We confidently appeal to Barnum, and the rest of mankind, if there is a second to the phenomenon discovered by us at three P.M. this thirtieth day of July, Anno Domini eighteen hundred and sixty-one. Away out West, where we used to navigate round a long time ago, the measure of a man's "how," in the question, "How do you do to-day?" was his being more or less "Bilious!" If "very bilious," he was sure to be as sick as a dog, or as cross as a female bear who had lost her cubs; and he was dangerous. We have seen men as mad as a March hare, and, what was more, obliged to keep mum, and appear very affectionate and polite, while waiting for their wives, who had been "coming in a minute" for the last half-hour.

But about the bile and the legitimate connection of this article with a JOURNAL OF HEALTH and the lady who never kept her husband waiting. By the way, our governor can say the same thing: She is "another wonder," (verse 3,) but the reader will please understand "no connection with" the personage named in the next line. It is meant simply to say she is "another wonder," in that she "never kept her husband waiting a minute." "We don't do things that way in Ningpoo," as the "Japs" used to say, when some of our follies or stupidities attracted their attention. If the very minute comes, and nobody comes with it, Time and I trot on, for it is better for only one to be too late than two. But, as we were saying about the connection between woman, biliousness and health, it is simply this—violent anger has made a man as "yellow as a pumpkin" in an hour: choler causes bile, and bile causes disease. So that if a man wants to avoid an important cause of disease, let him marry a woman who won't "keep him waiting" when they have occasion to go out any where; and we will assure him that the exercise necessary to be taken in order to secure such a phenomenon, will keep him in good health the longest day he lives. Hence, to make the whole thing unmistakably clear,

if you don't want to get bilious, don't get mad; if you don't want to get mad, get a wife who is always ready, who never keeps her husband waiting a minute. By the way, as this September number may not be out of date before the upper house returns to town, and in order to bring up all things on the square, we desire to say that the lady wonder aforesaid was a grandmother.

MAD-DOGGERY.—European statisticians have said that as many persons die of hydrophobia in winter as in summer. Persons frequently become hydrophobic after having been bitten by dogs who were supposed by their owners to have been perfectly sound and well. In many cases the animal is killed instantly on having bitten a person, which person sometimes became hydrophobic, and sometimes not; sometimes within a month, at others not until two years have passed away. See *JOURNAL OF HEALTH* for July, 1857, where a man had been bitten by a dog nine months before, and had forgotten all about it, until reminded of it accidentally on Tuesday, May 26: on Friday following he died in horrible agonies from hydrophobia. From these statements important practical inferences should be drawn: First, never allude to hydrophobia in the presence of one who has been bitten by a dog; second, if bitten by any dog, at any season of the year, under any circumstances, whether the skin be penetrated or imperceptibly grazed by the animal's tooth, let the part be instantly sucked for one hour by one or a succession of persons, who are most perfectly certain that there is not the slightest sore or abrasion any where about the lips or tongue. Meanwhile, administer an enema, wash the parts freely in spirits of hartshorn every half-hour for three hours, and then every hour for the remainder of the day, putting fresh hartshorn in a clean saucer on each occasion; if any thing at all is eaten, let it be of the lightest, simplest kind. The object of the hartshorn, which is the strongest alkali, is to neutralize the poison, which, like almost, if not all, bites, is acid. One of the objects in eating but little, is not to use the strength of the system in digesting the food, but rather let it be employed in repelling diseased influences. In the mean time, send for a physician.

THE THREE P'S.**PROMPTITUDE, PERSEVERANCE, AND PAINSTAKING.**

At the close of the last century, a poor, awkward, uncouth boy entered London, but he was so long, lank, and ungainly, that he seemed fit only to be the drudge of a printing-office; run errands, bring water, sweep the floor, and the like. Already had poverty and the hardness of the world made him sour, un-hopeful, and despondent. Under less discouragements, many a youth has abandoned himself to a thriftless life, having no higher aim than to live but for the day; or, worse still, has plunged headlong into all the extravagances and indulgences connected with thriftlessness and crime. But the boy had vigorous health; this imparted to him a mental vim, a moral power, which soon showed itself to his employer. He was prompt, persevering, and painstaking; and with these three qualities, in spite of the fact that he was good at nothing, in every thing tolerable only, he made his patient way, step by step, to the woolsack of England, and lately died, (worth a million of dollars,) among the most honored men of his nation and age—Lord Chief-Justice Campbell. In this case, vigorous health was a mine of wealth; a better fortune than if he had been the heir of many thousands. And certain is it, that the world would be a happier world, and the men in it would be happier, better, and greater, if one tithe of the time, and care, and study which parents bestow on the accumulation of money to leave to their children, were devoted to the physical education and training necessary to secure a vigorous constitution. Of any two young men starting on the race of life, one poor but healthy, the other rich and effeminate, other things being equal, the chances for usefulness, honor, and a well-remembered name, are manifold in favor of the former. Every man of the least observation and reflection knows this to be an indisputable truth. Yet, in view of the fact that vigorous health is a better and safer fortune than stocks and bonds, how many in each hundred parents who read this article will lay it down and resolve: "I will do more to leave to my children a vigorous constitution!"

Another element in the success of Lord Chief-Justice Campbell was, that his employer seeing his dull nature, but noticing

at the same time that when he had any thing to do, he went at it promptly, and with great painstaking kept at it until the work in hand was done, although done painfully slow, he patted him on the shoulder, always spoke cheerfully to him, and with considerate consistency, threw little jobs in the way by which the heavy boy might earn a little money, and be stimulated to greater activities. How many a youth at school, how many an apprentice in the shop, how many a child in the family, has gone out in the night of a blighted life, who, with humane encouragements might have lived usefully and died famous, let the passionate teacher and master and parent inquire, and do a little more patting on the shoulder.

COFFEE-DRINKING.—How strong should coffee be taken? is an inquiry of much practical importance. How much should be taken at a meal? is scarcely of less moment. Coffee, like any other beverage, may wholly ruin the health; the very use of it tends to this ruin, as certainly as does the use of wine, cider, beer, or any other unnatural, stimulating drink. There is only one safe plan of using coffee, and that is, never, under any circumstances, except of an extraordinary character, exceed in quantity, frequency, or strength; take only one cup at the regular meal, and of a given, unvarying strength. In this way it may be used every day for a lifetime, not only without injury but with greater advantage than an equal amount of cold water, and for the simple reason that nothing cold should be drank at a regular meal, except by persons in vigorous health.

One pound of the bean should make sixty cups of the very best coffee. If a man takes coffee for breakfast only, one pound should last him two months, or six pounds a year.

One pound of coffee should be made to last a family of ten persons, young and old, one week. Put about two ounces of ground coffee in a quart of water, or rather divide the pound into seven portions, one for each breakfast in the week, and make a quart of coffee out of it, which will be sixty-four table-spoons. Give the youngest two table-spoonfuls and the oldest a dozen; the remainder of the one cup being filled up with boiled milk. This will give a cup of coffee sufficiently strong for all healthful purposes, for the respective ages; and for various reasons, pecuniary as well as physical, some such systematic

plan as this should be adopted in every family in the land. How to make the cup of good coffee? is a third question. It is perhaps as good and as easy a plan as any to buy the coffee in the grain, pick out those that are imperfect, wash it, parch as much as will last a day or two, with your eye upon it all the time until it is of a rich brown, with no approach of black about it. Grind only enough for the day's use; grind it fine, for the greater the surface exposed to the hot water the more of the essence you will have; pour the boiling water on the coffee, close it up, boil it ten minutes, let it stand to clear ten minutes, then use.

There are additional devices for husbanding the aroma, but as people who are so very particular about every thing they eat being done to the nicest shade, are but a shade above the brutes, and generally die twenty years before their time of inanition, of chronic diarrhea, it is not thought important to initiate the readers of this JOURNAL any further into the mysteries of coffee-making and drinking.

PURE AIR A MEDICINE.

ON one occasion an English family became ill in mid-winter. Medical advice was obtained, and the usual remedies applied for a long time, without producing any marked favorable change. All the physicians who heard of the circumstances were greatly puzzled to explain the case satisfactorily, even to themselves. At length, a pane of glass was accidentally broken in the only room of the house, and the inmates were so much taken up with their troubles, that it was either not noticed or there was not time or disposition or ability to repair the damage. All at once, however, the sick began to improve; the doctor's eyes were simultaneously opened a little wider, and he gave orders to let the window alone, with the result that in a short time every member was entirely well.

Let every invalid who is as "fraid as death" of a puff of pure air, bear this suggestive incident in wise remembrance, the balance of his days; or if an open door or window is not practicable, at least keep open the fire-place, and either have a little fire in it, or a liberal lamp or a brisk jet of gas burning in it; this causes a draft up the chimney, and is a safe, easy, and efficient way of ventilating any sick-room; a ventilation which would save valuable lives, in multitudes of instances.

NOTICES FOR SEPTEMBER.

As the proof-reader was nodding, will the reader please wake up, and correct the nonsense, and read on first page, fifth line from the bottom, "arrested"?

MISSING.—Subscribers who have failed to receive any number by mail, from January to date, will have the same supplied without charge, by notification. We sometimes miss our most valued exchanges, for weeks and months at a time, such as the *Country Gentleman*, at Albany; which, by the way, does not look as much like a gentleman as it used to; the coat does not look so neat and prim as formerly; it has become dingy. The favorite agricultural weekly of the times deserves a better dress. In eighteen months we have received about half-a-dozen of *Godey's Lady's Book*. Mr. Godey assured us "he didn't do it a purpose," that it was certainly and regularly mailed. The inferences are, that valuable publications are appropriated between the publisher and those who have paid for them.

Danville Quarterly Review, published for \$3 a year, by Richard H. Collins, 25 West Fourth street, Cincinnati, Ohio, ought to be sustained, not only by the Old School Presbyterian Church, but by the whole Presbyterian family of whatever name. Robert J. Breckinridge, the John Knox of modern Presbytery, is a permanent contributor.

THOMAS JEFFERSON, his Home-Life, by President H. W. Pierson, D.D., is in preparation, the materials having been obtained from a gentleman of position and great wealth, now living, who spent twenty years of his life, including the presidential terms, in the family of Mr. Jefferson, as his confidential adviser and business-agent. These materials are wholly new, and will give a view of the inner family life of the distinguished statesman, which all who admire him will greatly desire to see.

LETTER-PAPER.—A new kind; one unfolded half-sheet, being at once an economy of fifty per cent to those writing short letters, and avoiding the inconvenience of short lines and the numerous foldings and creases of note-paper. Address, "Mount Holly Paper Company," at Mount Holly Springs, Pennsylvania. Besides its economy and convenience, the quality of the paper and its beauty of finish are not surpassed.

A SERMON, "Church of the Living God," a discourse deliv-

ered at Syracuse, New-York, July 16th, 1861, to the General Assembly of the Presbyterian Church, (N. S.,) by its Moderator, Rev. Thornton A. Mills, D.D., of Kentucky. We have not, in a lifetime, read a sermon which surpasses this in the depth of its thoughts, in the grandeur of its ideas, in the comprehensiveness of its suggestions, and the power of its enforcements; the whole pervaded by a spirit of unostentatiousness, earnestness, and piety, well worthy to be a model for all pulpit efforts.

THE SOUTH.—We have no credit subscribers. All subscriptions are paid for up to December, and end with that number. We will carefully preserve the numbers belonging to our Southern friends, and will forward them as soon as peace is established in honor and right. God speed the hour when we all shall become brethren in feelings, in interests, in aspirations, by mutual sacrifices, by the mutual exercise of just, liberal, and lofty views in the light of the present, and of an eternal future; such views as will insure national harmony for all time to come, and the permanent possession of the blessings which belong to that "nation whose God is the Lord."

WE commend to our readers, the patronage of a valuable monthly on health, *Lewis's New Gymnastics*, \$1 a year, 20 Essex street, Boston, Mass. It is the next best thing to HALL'S JOURNAL OF HEALTH, published for \$1 a year, at 42 Irving Place, New-York.

NOTICE TO EXCHANGES.—Of the budget of exchanges received yesterday, six of the very best of them, as it so happened, had extracts from our JOURNAL without any credit whatever, from a paragraph, up to two columns in length, to wit: *True Union*, of Baltimore, *The Country Gentleman*, of Albany, N. Y., *The Christian Times*, of Chicago, *Lutheran Observer*, of Baltimore, etc. It won't take much time or space, *brudern*, to say: "From HALL'S JOURNAL OF HEALTH." We preserve and circulate, and have for years, all our agricultural and religious exchanges, and at some cost and trouble, with a view to do good and make them known.

ADVICE.—Persons who write for a written opinion of their case, can have it for five dollars, and one general letter of advice for five dollars in addition, the amount to accompany each letter.

A WARNING!!!

TO PARENTS, GUARDIANS, AND YOUTH.

HUNDREDS of thousands of dollars have been made out of boys from fourteen to twenty, and silly married men, by the authors of books on physiology, with plates to stimulate prurient curiosity to an ungovernable pitch. Hundreds of thousands of these publications are sold and given away. Scarcely any youth can read one of them without imbibing the impression that he is the victim of certain things, which unless promptly corrected will soon and surely lead to results of the most appalling character. We are in the frequent receipt of letters from mere boys, who have spent from five to five hundred dollars, without having derived a "particle of benefit from the treatment," and in terms of the most abject self-abasement and almost utter hopelessness, inquiring if it is too late for them to be saved. Letters come in from all parts of the country, inquiring if we know any thing of this, that, and the other one who has written such a book, or of some "company," "association," or "society," with benevolent names, whose advertisements are found in village newspapers all over the land. Some of our exchanges have them, which would not insert them at any price, if their true nature were known. It may save us the trouble of answering divers letters, and the cost of divers postage-stamps, envelopes, and sheets of paper, to state, that this subject is connected with the hours of sleep, and sixty pages are devoted to its consideration, and its only safe remedy, costing nothing but the exercise of a vigorous will, in the observance of certain specified habits and modes of life, in our book entitled "SLEEP," \$1.25, or sent post-paid for \$1.37. In very many cases the fears and imaginations of youth are so wrought upon that they are led to steal the money requisite to fee the harpies who wrote the books. We know an individual who in a very few years has laid up a hundred and seventy-one thousand dollars in this connection. The main portion of our book, however, is devoted to sleep proper; the importance of sleeping soundly, in a pure atmosphere, and how to do it; the advantage to old and young of sleeping alone, on single beds in large rooms; the injury to a family's thrift and happiness resulting from the mother having her rest broken by infant children, and how to remedy it, healthfully and happily, for all parties. We wish we were able to give one of these books on "SLEEP" to every family in the nation, and place it on the shelf of all the libraries in Christendom, for certain are we that humanity would be happier thereby, and years would be added to the average of life, if the suggestions were carried out as to

1st. Securing sound, connected, and refreshing sleep every night.

2d. As to the best means of ventilating a sleeping-room, in which full one third of our entire existence is passed.

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42 Irving Place, New-York.

\$1 a year; Specimens, 10 cts. With the Fireside Monthly, \$2 a year.

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NOTICE.—All our publications may be had at No. 11 Cornhill, BOSTON; 831 Broadway, NEW-YORK; South Sixth Street, PHILADELPHIA, J. McFarland, or at the Post-office entry, of Mr. Mowry.

Postage on the JOURNAL is three cents a year, within New-York State, and six cents out of it.

HIGH PRAISE.—A clergyman of one of the more learned denominations writes: "Language can not express the gratitude I feel that the world has such a JOURNAL to read. May God help you to pour forth just such streams of truth as the April number of HALL'S JOURNAL OF HEALTH contains."

MILK FROM FARM-HOUSE COWS, six cents; pure cream at thirty-six cents a quart; and buttermilk, three cents, made every day; or milk from the same cow for infants and children, can be had in all their freshness and purity, at 146 East Tenth Street, near Broadway, from S. W. Canfield, Esq., the Agent of the "Rockland County and New-Jersey Milk Association." Warranted unadulterated.

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The first term of this Institute will open on the 4th day of July, 1861. It is fully incorporated, and will have four able Professors—Dr. Dio Lewis filling the chair of Gymnastics.

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The Editor of HALL'S JOURNAL OF HEALTH, New-York, most cordially commends Dr. Lewis' system of physical education, as rational, safe, and effective.

HALL'S JOURNAL OF HEALTH.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO
TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

OCTOBER, 1861.

[No. 10.

LIVING TO PURPOSE.

NEARLY a hundred years ago, there lived a young man on the frontiers of Virginia, without money, and without a name, dependent on his daily labor for a living; and in the absence of any other special aim in life, he concluded to undertake to educate, at his own expense, a youth who seemed to him to be one of more than ordinary promise. What were the thoughts of Gideon Richie, when plowing, and hoeing corn, and chopping wood, and mauling rails; what visions of the future he indulged in during the hours of weary labor, we may never know. He must have covered a warm heart, and a high purpose, and a stern resolve, in that homespun dress of wool, and moccasin, and hunting-shirt, which characterized those who lived on the farthest frontiers of a semi-civilization; for he worked on, without faltering, until he saw his *protégé* a minister of the gospel, who rose like a star in the western firmament, casting its beams of light into the wigwam of the Indians of the West, and away back again into the saloons of the *élite* about "Boston Common." Young Richie died, and but for the shining of his adopted son, his name would long since have passed from the memory of man. But he was placed here for a purpose, in the providence of God; and having answered that purpose with a will, his heart being in the right place, he has, doubtless, gone up higher, for an enduring reward among the blessed. Had he been an unwilling instrument, still the purpose would have been subserved in some way, but he would have lost the reward.

The young minister became the founder of churches, and schools, and academies. Now, a leader of the soldiers of his country, and then of soldiers of the cross; now, at the head of a church, then at the head of a college. Now, as we have heard him say, banqueting with the merchant princes of the East; then, wrapped in his saddle blanket, sleeping across logs of wood, while deluging rains were driving their gathering currents under him in the wilderness of the savage. Now, the benignant listener to the religious experiences of the Indian and the Negro; then, himself the listened to, by wrapt

You are Wanted.

thousands, as they looked to the gestures of his pointed finger, or hung upon entrancing words as they fell from his lips. His heart so stern, that, like his eagle eye, it never quailed before mortal man; and yet of such womanly softness, that there was a well-spring of tears within it, which overflowed at the first cry of dependence or of pity. In a contest, face to face, with the old hero of the Hermitage, of might with right, even General Jackson was the vanquished, and Gideon Blackburn became the acknowledged conqueror. Of the hundreds, if not thousands, of young men whom Dr. Blackburn has aided by his teachings, his counsels, and his money, to reach the ministry, not a man of them now living is there, who will not rise up and call his memory blessed. Of his pupils at college, who have been, or are to-day, in the high places of law, medicine, and divinity—as Governors of States, or Members of Congress; as professors or presidents in academies, colleges, and universities—there is not a man of them who can, by any possibility, look backward thirty years, and not remember in Dr. Blackburn the personification of the patriarch, the man, the Christian gentleman. The last work of his life was the establishment of a Theological Seminary in the West, known by his name, and which bids fair to be a fountain from which streams of ministers shall flow, to found, and feed, and fructify churches, until the end of time. Man of immortality, mortal of an hour, yet destined, by your acts, to exert influences on the world for all time—influences for good or for evil—for happying your race, or for degrading it—if you can, by any work, save a dime or two a day, go this moment, and resolve to be another Gideon Richie, and raise another Blackburn!

Young man, fatherless, motherless, penniless, wake up, and remember, you may be a Blackburn, too!

• **YOU ARE WANTED.**

IN the great battle between light and darkness, between truth and falsehood, between sin and holiness, every human being bears his part; is for, or against. There is no neutral position in that war. To do nothing, is to be against; and to be against the right, is to be lost. Idleness is a crime; indifference, a fatuity. There is much to do, and little time to do it in; for, "The night cometh, when no man can work." Work while the day lasts; work hard, work well; these should be the resolves of all the friends of a true Christianity, some of whom can do a great deal—all can do something,

little though it may be ; yet, that little is essential to the completion of the great work ; as in a magnificent engine, it might as well lack a driving-wheel, as the smallest pin or most diminutive screw. Every temptation resisted, every passion curbed, every lust mortified, every pure desire cherished, every good deed done, every kind word spoken, every benignant look, every cheering smile, every sympathetic throb for a brother's sorrow or a sister's tear, is something done towards the elevation of humanity to its high seat, hard by the Throne of God. And as there is not a human being but can do some of these things, there is work for all, and work that all can do. What magnificent encouragement is there, then, in the consciousness that the creature can become a co-worker with his Creator ; a worm be made a fellow-laborer with the Omnipotent. That Omnipotence is the embodiment of Love, for "God is Love ;" "his loving kindness is over all his works," and, most of all, over man, whose happiness here and hereafter, is an object of his care, to the extent of giving his only and well-beloved Son to become an adjudged culprit on the cross, that man thereby might be made immortally blessed.

If, then, humanly speaking, the Father of us all has made such sacrifices to promote the happiness of man, his child, and has put it in our power to engage with him in that work, securing eternal life as the wages for it, there is no nobler spectacle in the universe, than that of a man, every outgoing of whose heart is in loving kindness towards all of woman born, and in so doing, is learning here to assimilate himself to his Maker, coming nearer and nearer the pattern of the great Original every day, until life's latest hour, when he goes upward, to "be like Him," to "see Him as He is."

DRIFTING.

"REVOLUTIONS never go backward," said some renowned name. Multitudes have repeated the sentiment since, and it has almost become an axiom. It is a great untruth. Revolutions often have a reactive power, and the people are left in a worse condition than before they revolved ; they turned up, and then they turned down. "Reform" is another name for revolution, more modest, less startling ; meaning to intimate that the foundation will be left, first principles will remain undisturbed, but will be modified in their application. Once upon a time, Presbytery got up a revolution, and bestrode the high horse of reform as to Episcopacy and Papacy, and

.

Drifting.

so sturdy were they in their work, so thorough, they made such "a clean sweep," as to matters and things in general, that they reformed some things which had, perhaps, have been better let alone. This is not a theological article—it relates specially to practical life, as will be presently seen. One of the things against which the battering-rams theologic were particularly directed, was the abolition of fast days, and feast days, and saints' days; they left not a single day standing—not even "old father Christmas" day. They won't even have a sermon on that day, unless it should happen to come on Sunday. The fact is, the sober Presbyterian has no day at all, from Genesis to December. Many of them won't allow their children to set off squibs or fire-crackers on the Fourth of July. They are so sober, so sedate, Presbyterians are, they seldom crack a smile on the street or highways. No doubt they at times let off the bottled mirth, else consequences might be disastrous. In fact, we remember a "case," as doctors say.

There is a seat in a church we know of, which is almost never vacant, occupied by a sober Protestant; his eye is fixed on the minister, from beginning to end—we do not remember ever to have seen it winked; the chapter and verse are always hunted out, and the psalms sung with an unction, especially the doxology. So we gradually gave to the gentleman our most respectful consideration. Later on in the history of things, we happened to be one of about a hundred men, brought together by design. As far as we could judge, they all seemed to be eminent men in their line; there were generals, and governors, and commodores, and millionaires, and, with the exception of a doctor or two, there was nothing less than a senator present. There were Astor, and Scott, and Seward, and Brooks, and Greeley, and Morgan, and Vanderbilt, and Cooper, and Cyrus W., &c. When the oysters came, and the champagne and the brandy, about eleven o'clock, there was exceeding joy. We watched. There was one gentleman who took the lead. Didn't he tip and twirl his hat to the loud hip, hip, hurrah, at Seward's speech, and louder still at the call for "Brooks;" and what hearty mirth at the exhaustion of each goblet! We had always heard that the most mirthful people before folks, were the most solemncholy when alone, and here was a "case" at hand, for we recognized the lineaments of the dutiful hearer before alluded to. And now we come to the point: Protestants reformed all feast days and saints' days out of the calendar. But is not the revolution going backward with a vengeance? Instead of remembering the birthday of persons remarkable for their

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piety, with reverence for their virtues, with humility for our shortcomings of them, and with penitential resolves to be more like what they were reputed to be—we repeat it—instead of saints' days for fastings, we have sinners' nights for feastings. Tom Paine's birthday is celebrated by feasts and liquor-drinking, by descendants of the Pilgrim Fathers. And, later still, over this whole land, men of all creeds and parties have laid aside their differences; men of high social position, men who have wives and daughters and sons, lawyers and *literateurs*, all tip the glass to the same sentiments, and hurrah at the same speeches, and eat and drink and carouse until the small hours of the morning; and in memory of what?—that, a hundred years earlier, was born a drunkard and a debauchee, a man who wasted his great powers of poetry, of wit, of sarcasm—worse than wasted them; he prostituted them, as far as lay in his power, to purposes of ridicule against the religion of his fathers, and of his country. A blasphemous man was he; and whether his hypocrisy, his inconsistencies, or his maudlin sentimentalities were greatest, we cannot say. A man abuses himself with liquor and license, and then turns round and abuses the world for not taking him in its arms, and providing for all his wants. If he had been treated with less attention, he would have been less a drunkard. The poet of Ayr and of Bonny Doon was great in sentiment. There is a sweetness in his lines above all others ever written. As to these same sentiments, and for their sweet things, let an honorable and respectful remembrance be had by all who have been thrilled with his poesy. But when it comes to a semi-deification of the virtues of a man who had no virtue at all, simply because he made delightful poetry, that is going rather far; it is reform run mad; it is revolution gone to seed; it is the glorification of the profane, with idolatry and wine, instead of the remembrance of the good, with profitable humiliations.

When it comes to this, that, after a dinner and a dram, eminent men get up, not in the light of day, but in the glare of gas, and apologize for beastly drunkenness, and for the debauchery of women, as the overflowing hilarity of a genial soul, the outbursts of an affectionate nature—bah! At the bacchanal of Burns, in Boston, great men asserted that drunkenness and licentiousness, after the manner of their hero, were “symbols of the highest type of manhood;” that “men who controlled their passions and led virtuous lives, might win respect, but could not excite love.” Such language as this, at the homestead of the Puritans, where wealth,

and refinement, and cultivation, and high scholarship, make their home, may well "cause us pause," and inquire whither are we drifting?

FAINT, YET PURSUING.

WHAT a dear, delightful feeling it must be to have an humble heart. It is a thing about which a man can weep delicious tears by the hour, to feel that he is nothing—less than the least of everybody else—and yet have an eager willingness to do what he can for his Saviour.

In a moment, the crowded steamboat was on fire. Stranger and friend, maid and mistress, master and servant, dignitary and menial, were, all together, whelmed in the common disaster; some on fire, others drowning, many already dead. The only distinctions in that terrible hour were two—the ability of self-helping, and the will to help others. There was a colored man there; a planter's slave. He saved himself, and then his master; the many perished. When it was all over, the planter promptly offered the slave his freedom, and asked him what else he wanted. "Nothing; all for the love of God to-day," said the noble negro, and he must have had a heart for a king.

When we go into a house of worship on a Sabbath night, and cast our eye over the congregated thousands, we feel that they have come to hear the preacher; that is the great attraction of the evening. But while waiting for his words, a single, solitary man rises from the crowd and comes forward to the lights. Nobody knows who he is; nobody asks; nobody cares to know. All this he is aware of. Yet there is an intermediate part to be performed, comparatively trifling. He can do it, and he is willing to do it. It is a small office; yet, as it helps on the good cause, he says, Here am I; send me. He sings the tune, and falls back to make one of the undistinguished crowd again. His only talent, it may be, is to "raise the tune," and he does it. Another man is a member of some country church; his ideas seldom rise higher than the clods which his plow turns up in its furrow, and yet he knows enough to try to be a Christian. He has neither money nor influence; no gift of speech or of prayer; nor gift of conversation has he, much beyond the answer to a question by a monosyllable. What can he do without money, without influence, without gifts? Above all,

what can he do for God, for that Redeemer who died for him? He can open a door, and sweep the church, and make a fire; and he does them all, as a means of furthering the work of his Master. He takes no pay for it; claims no merit for it. His pay and claim is the privilege of doing something to help on the "good cause." We do love this doing what one may for the love of the Master. Such people must be happy. They have meat to eat which the great world knows not of. But the singer and the sexton have brothers abroad; nobler, in many respects, but in lovingness equal; men of giant minds, who have grown old and weary and physically helpless in the Master's service. We know some of them. But, like the war-horse, on a perpetual and honorable furlough, by reason of age, they answer to the trumpet's call "to arms," with the willing alacrity of youth in mind; but the body is wanting. These are the noble clergymen who, physically incapacitated from active service, are spending their time in feeding the "lambs" of the flock, and the doubting and the wayward, by writing little books, or shorter and more transient things for the magazine and the newspaper. Some of them do these things in bodily weariness and pain, which might well excuse them from the labor; but, faint, yet pursuing, they are working while they may. They can't do much; but, little as it is, it is done willingly and lovingly, in the sweet consciousness that they are working "for Jesus," not for human applause; not for money, but "for the love of God."

JEWEL IN A BLOUSE.

PASSING along Sixteenth Street, some time ago, at the close of a Summer's day, we noticed a man walking before us in the commonest clothes of a laborer. He must have been over fifty years of age, and weary, too, for he walked with a weary gait, slow, and tottering. A few feet before him, near the centre of the smooth pavement, in front of Mr. Hoe's dwelling, there laid an ugly stone, not large, but just such an one as an unobservant, or old person, or little child, might stumble over. He took up the stone, carried it to the curb, laid it in the gutter, and passed along. "There's a grand heart in that poor little old man's body, in spite of its humble covering," said we to a lady with us. And it will be a lifelong regret to us that we did not overtake him and speak to him some word of cheer. That act was recognized in Heaven, for it was one

of a pure benevolence, and it ought to have been recognized on earth ; for, next to a good deed done, is its open, manly, and sympathizing approbation. This poor old man, in the lovingness of a kindly nature, without the stimulus of a present object of sympathy, which may move any one to help his brother, performed an act of only possible kindness, and that towards some unknown individual. It was a kindness to humanity in general.

Perhaps this incident may have made a deeper impression on us, from its having carried us back to our childhood ; for one of its earliest memories is that of seeing our mother getting out of the carriage to remove some stones out of the road, which interfered with a clear way, the driver, meanwhile, looking complacently on from his seat. This act was one of spontaneous kindness, to save some after-comer, she knew not who, an uncomfortable jolt, or the annoyance of a break-down.

Within a few days, as if from inheritance, we found ourselves, before we were aware of it, removing a large stone from the centre of a narrow flag-way in the outskirts of the city. It must have been in that spot for months, for a smooth semicircular path had been made about it by the multitudes of feet which passed it daily ; and yet, of all the crowds which thronged that way, for all that time, not a man, or woman, or child, had "moved away the stone."

Reader ! what stones have you removed from the great pathway of life, with the wish, thereby, to remove hindrances to some after-coming brother ? "What thou doest, do quickly," for "the time is short," and the day of life to many "is far spent."

GREED OF GOLD.

"THERE was an old man," says an Eastern parable, "who had abundance of gold ; the sound of it was pleasant to his ears, and his eye delighted in its brightness. By day he thought of gold, and his dreams were of gold by night. His hands were full of gold, and he rejoiced in the multitude of his chests ; but he was faint from hunger, and his trembling limbs shivered beneath his rags. No kind hand ministered to him, nor cheerful voices made music in his home. And there came a child to him, and said : 'Father, I have found a secret. We are rich. You shall not be hungry and miserable any more. Gold will buy all things.' Then the old man was wroth, and said : 'Would you take from me my gold ?'"

Greed of Gold.

The soul-destroying greed of gold is not a crime confined to the rich, to those who count their hoards by tens of thousands. The penniless idler may sell his soul for a dollar; many a wretch has committed murder for a less sum. Some will read the parable quoted, with a feeling of impatience and indignation, that joy and comfort and health and life should be all sacrificed in the passion of accumulating money. But it is the miser's pleasure; it is his meat and his drink; it is to him the sweetest satisfaction on earth, and he indulges in it. To hinder that indulgence, would be to ruin his body, or to blast his mind; the grave or the asylum would soon have another occupant.

But the loss of body and heart and soul together, by the destructive indulgence of any passion, or any appetite, is also a crime; and yet, in that indulgence, there may be a sweetness to the reveller passing computation. The habitual dram drinker, or opium eater, or tobacco user, or gourmand, or "*roue*," so have their habits fixed upon them, that they would pour out the miser's gold as freely as water, to gratify their craving appetites—to these, would sacrifice all they possessed; and we who are not slaves to these lusts, stand by and wonder at the infatuation. The glutton pronounces the miser a fool, and the miser pronounces the drunkard a beast. But, to all, their favorite indulgences are sweet as "honey and the honey-comb," and to break them away from them, is like taking away their life's blood—more, it is literal death.

But just as sweet, and purer far, higher and more noble, is it to cultivate and cherish and feed upon the acquisition of truth, the practice of benevolence, the promotion of our holy religion, when once the heart is in it. And as no one is a greater adept in devising ways and means for increasing his treasure, than the inveterate miser, because his whole soul is absorbed in his work, so will the searcher for truth, and the worker for its dissemination—he who lives for humanity and for Christ—be able to find out new truths, new ways of expressing them, new modes of distribution. Newton loved his studies, literally, more than his daily food. Multitudes of men are there, who so much love study, that the call to dinner is often regarded as an unpleasant interruption, and the meal is taken mechanically, while the soul is feeding at another table. The great Howard, and the greater—because far wider reaching—Dorothea Dix, loved benevolences so well, that the sacrifices of bodily comfort and bodily ease, for long years in succession, were counted as nothing, compared with the consciousness of "spending, and being spent" in the service of the unfortunates of their kind.

The respective rewards, even in a world of sin, how widely different ! The difference between honor and infamy here ; between the saved and lost hereafter, are the portions, respectively, of those who cultivate the higher passions of love for humanity and truth, and those who revel in selfish pleasures, passions, and beastly appetites.

They who are wise, then, will, for themselves and their children, give an early direction to the higher feelings of our nature towards those channels which will pour out their influences of truth, humanity, and religion, to fructify and bless the world for all time.

DARING TO DO.

SMALL minds spend a good deal of time in deciding, as to a particular course of conduct ; whether "they can afford to do it." "What will Mrs. Grundy say ?" is a question of momentous interest. To do anything which Mrs. Upstart or "the Smiths" would consider "mean," is no more to be thought of, than committing a petty larceny, and being found out. It is known that any of the Wanttobe's would almost as lief be found coming out of a hen-roost at midnight, as to live in any street having "East" attached to it ; while there are those who feel forty feet higher, by reason of their being able to say, "I live in Fifth Avenue ;" and for such to be seen with a bundle or package in the hand on Broadway ! they would fairly tremble in their shoes, lest they might be recognized by some one into whose "set" they were aiming to obtain an *entrée*.

A Baltimore Buonaparte surprised a friend one day, by carrying a broom homeward. "Why, it belongs to me !" was the reply to a question and look of incredulity. Says a Washington letter writer, "Yesterday, I saw Sam Houston carrying, like Lord Napier, his own small bundle, with its clean shirt and towel, its piece of soap and hair-brush." Let the young and all remember, that it is the motive which constitutes the meanness, or otherwise, of an act which is not in itself dishonorable. Better is it for a man to do a thing for himself, than to have another do it for him, when he cannot afford to pay for the service. The first step towards implanting in the mind of a child, a feeling of self-reliance and a manly independence, is to teach that child to help himself whenever it is practicable.

A GREAT WANT.

PARENTS who do not exercise a careful supervision over the reading matter of their children, omit a duty of vital importance, and may reasonably anticipate subsequent disappointment, mortification, and sorrow, in the failure of those children to meet the expectations which had been formed of them. Aaron Burr revelled in the reading of infidel books in early youth; and yet, with talents to have made him a second Washington, he went down to his grave with the reputation of a corrupter of his kind, a traitor, and a murderer.

The son of the immortal John Howard, the friend of man, with all the advantages of a superior education and high social position, left to himself, to read what he listed—his mother being dead, and his father in foreign lands—fell into debauchery, and died a drunken madman, in the lunatic asylum of Leicester, before he was thirty-five.

It is recorded of the Emperor Paul, the Nero of modern times, one of the most execrable of men, if received histories are true, that he took the utmost delight in reading horrible tales of every description, in contemplating pictures of rapine, murder, and blood, only to practice them all when, a little later, he was placed on the throne of all the Russias.

Children can read and hear moral poison; and moral death is as certain to follow, as will physical death, if the poison of the apothecary is swallowed. A grain of strychnine is not the less fatal from being enveloped in sugar, or mingled with a hundred times its bulk in a teaspoonful of molasses.

A "splendid lecture" from a "splendid man," is rather the more pernicious, from having a single idea—atheistic, infidel, or impure; and a newspaper, a monthly, or a quarterly, may be, in the main, conducted with singular ability; but if a *roue*, or pantheist, or deist, have it under control, its very ability only adds to the malignancy of occasional propositions, in more or less direct consonance with the individual sentiments of the editor. We undertake to say, that this occasional jactatory exhibition of sentiments, radically subversive of moral purity and true religion, is a part and parcel of the design of too many of the monthly magazines and city newspapers, to some of which there is no responsible name—no distinct editor; while many of the various writers, taking advantage of their impersonality, shoot in the dark, and stab from

A Great Want.

behind, with the spirit of an assassin and the malignity of a demon.

An exchange says of a certain lecturer, and a most popular contributor to a magazine, which is loudly lauded every month by too many religious newspapers, for getting it for nothing as an exchange, and for the real good things that are in its pages: "In his lecture, he opposed the idea that a large part of mankind are to be eternally damned, and used the expression, in describing the gallant act of a fireman:

" 'He knows full well, from what he was taught on his mother's knees, that, if he perishes, he will go to a place so hot that all the fire-engines in the world cannot give him a drop of water to cool his parched tongue.' "

On the above, another paper remarks: "We can give no language to express our sense of the outrage committed on the religious feelings of the audience, crashing through all the finest sensibilities of his hearers, as unconscious, apparently, of what he was doing, as a wild boar tearing through a garden of flowers."

Any man who could have the effrontery thus ruthlessly to insult, by an impious jest, the religious sentiments of a majority of his audience, and of his country, is unfit to write for the families of that majority; and yet, for a long time, this lecturer has been the most attractive feature in one of the most popular monthlies in the country, and which has other contributors to shoot out their infidelities, as occasion offers.

"A great want" is it, then, to have a monthly publication visit our families, which will displace such a "literature," as it is inaptly termed; a monthly contributed to by men of better hearts, of sounder heads, and deeper and more varied learning; a monthly which shall, by the power of language, make fact more interesting than fiction; whose every page shall announce some physical, or moral, or social, or natural truth, in a manner so pleasing, or so profound, yet clear, as shall make it looked for, from month to month, with the eagerness with which, now, the drunken revellers in fiction anticipate the coming of the next installment of crazing and corrupting stimulants; for that the vast mass of fictitious reading found in the newspapers and magazines of the day, does but craze and corrupt the heads and hearts of those who indulge in them, can not be denied. If this suggestion shall prove to be a first foundation stone, the nucleus around which shall gather men of a true religion, as well as men of might, who shall build upon it, it is well.

Habit.

H A B I T.

BURKE relates that, for a long time, he had been under the necessity of frequenting a certain place every day, and that, so far from finding a pleasure in it, he was affected with a sort of uneasiness and disgust; and yet, if by any means he passed by the usual time of going thither, he felt remarkably uneasy, and was not quieted until he was in his usual track.

Persons who use snuff soon deaden the sensibility of smell, so that a pinch is taken unconsciously, and without any sensation being exerted thereby, sharp though the stimulus may be.

After a series of years' winding up a watch at a certain hour, it becomes so much a routine as to be done in utter unconsciousness; meanwhile, the mind and body, also, are engaged in something wholly different.

An old man is reported to have scolded his maid-servant very severely, for not having placed his glass in the proper position for shaving. "Why sir," replied the girl, "I have not done so for months, and I thought you could shave just as well without it."

We all are creatures of habit; and the doing of disagreeable things may become more pleasant than omissions: showing to the young the importance of forming correct habits in early life, to the end that they may be carried out without an effort, even although, at first, it may have required some self-denial, some considerable resolution, to have fallen into them.

But, if doing disagreeable things does, by custom, become more pleasurable than their omission, then the doing right, because we love to do what is right, becomes a double pleasure to the performer, in the consciousness that, while he is yielding allegiance to his Maker, he benefits his fellow man, and cannot get out of the habit of well-doing without an effort and a pang. Thus are the truly good hedged round about, and are more confirmed in their good doing, and its practice becomes easier and more delightful, the longer they live, helping them to go down to the grave "like as a shock of corn cometh in his season."

But if there is something in the fixedness of good habits which binds us to them, there is the same thing as to the evil. Thus it is, that, when a man has arrived at the age of forty-five years, he seldom changes his opinions or his practices, which, if they are evil, become more and more fixed. Thus, what a man believes and practices at forty-five, he is likely to believe and practice till he dies, and there is small hope of his conversion to different views or

different deeds, and the Ethiop's skin or the leopard's spots are his forever. The man, therefore, who is not a Christian by principle and profession and practice, at that age, should regard his condition "with fear and trembling," for it is most likely that he never will be one.

Springfield Republican has become famous of late, by the many extracts of a wholesome practical nature taken from its editorial columns, the writer being an educated physician; among others is an item on The Trials of Married Life:

"Married life has its trials and its sorrows. Tempers may prove incompatible, and call for forbearance. Fortune may be chary of its favors, and enforce self-denial. Children may be ungrateful, and sting the poor heart that has pillowed them. Sickness may come, and haunt a household for years. But ask the poor man, struggling along with his debts, and the weary woman, toiling early and late, accomplishing the ruin of her beauty and her buoyancy, if they would be placed apart, could competence be given them, and all their trials be brought to an end. The answer would be: "There is something sweeter in this companionship of suffering, than anything the world can offer from its storehouse of joys outside of it, and something which would make even severer trials than ours only iron bands to draw us more firmly together."

DOLLARS AND IDEAS.

A DOLLAR buys the poor man a dinner, and he passes it off. Tomorrow the same dollar does the same thing for some other man, and so it goes on, passing from hand to hand, feeding multitudes; and, so far from growing less in value, it is brightened by the handling, and, at the end of months and years of service, is worth as much as ever, while its very glistening makes it more tempting than one blackened by age and disuse.

"Every new idea is worth a silver dollar, young gentlemen," was a favorite stimulus to study, with our loved and venerated teacher, Ebenezer Sharp, long since in his Christian grave, and whose memory we bless.

Later on, we elsewhere learned, that there was a striking and practical resemblance between good ideas and good dollars; both grew more shining by use, for rust corrupted not, and disuse did not canker them away. Genuine dollars, like genuine ideas, increase the sum total, by circulation, by being passed around. Let us drop the dollar, and take up the idea. Truth is used by conversation and writing, and the oftener it is used thus, the brighter does it become, the more readily can it be applied, and the wider will be the range of uses which can be made of it. That which makes all

the difference between the empty head and the crowded one, between a full man and a fool, is the facility with which things known can be made use of. It is not the mere fact of having money on hand, that makes a successful operator in Wall-street ; it is the having it at command at an hour's notice, with the frequent judicious use of it : and that very use gives more power.

We take up a dollar, coined in the infancy of our Republic ; the man who moulded it has been dead for half a century. And yet, how many throbs of gratification has it excited, as it has been laid in the hand ; and how many a hungry mouth has it fed ; and yet it is as good as ever, and may continue to gladden the joyless, and feed the hungry, for a hundred years to come. But there is a remarkable difference between a good idea and a good dollar. The dollar is always received with pleasure ; but it is parted with, with a pang. But a good idea, well coined in words, gratifies him who gives, as well as him who receives.

One sterling truth, clothed in words of vigor, keenness, or sweetness, spoken or printed, passes from mouth to mouth, from paper to paper, from page to page, and will happify a million hearts. The dollar can be used by only one at a time, and but at one place in the same instant ; but the mental coin, by the art of all arts, can be used by multitudes, in all lands, at the same instant, distilling its sweetness on both giver and receiver everywhere, to be perpetuated for generations yet unborn.

The responsibilities of the press, of a writer, how amazing, how imperative, in the great contest of ages, between ignorance and error ! And the privilege of an ability to clothe our ideas in words that burn or bless ; in resistless power, or in honied sweetness, to wake up the sleepy and the lazy, or help up the weary, the lonely, or desponding, how high, how dear ! Men of Israel ! men of mind ! help ! These fields are open to you. Use them with power, with love ; and lay out yourselves to coin a moral dollar once a month—clear, bright, beautiful, well defined—which shall instruct or gladden many a living heart, and continue to do the same, long after “the harvest is ended” for you, and the clods have rested on your grave. Do it now, and do it till you die, for “The night cometh when no man can work.”

PUBLIC SCHOOL CHILDREN.

IN the name of humanity, this article is addressed to the thoughtful and affectionate consideration of those who have children at the public schools, of which New-York City may well be proud, because they are conducted generally with a system, a vigor, a thoroughness, and an efficiency, which merit our admiration, to say nothing of the gratitude due from this whole community to the company of teachers, whose literary ability and conscientious efforts to discharge fully the responsible duties of their station, have made these schools what they are. For the unmitigated barbarity and most consummate stupidity of keeping children from eight years old and upward, six mortal hours at a time, on hard benches, breathing a contaminated atmosphere, with only a few minutes' interval, now and then, with the addition of lessons to be learned at home, which we personally know, require from two to three hours more, on the part of those not particularly bright, the teachers are not responsible. But the Board of Education are. And any one of them who passively permits the continuation of the enormity another day, ought to be incontinently ejected from the Board, neck and heels. Such a man has not the sympathy, consideration, and intelligence, necessary to the management of a drove of Barnum's monkeys. He would kill the hippopotamus in a week. Old Adams's California giant bear would wither to a skeleton; every member of the "Happy Family," and every inhabitant of the multitudinous and beautiful aquaria, (all to be seen for only twenty-five cents!) would dwindle down to a bag of bones. We would not be surprised to learn that the keeper who killed off the two Labrador whales, was a public school commissioner. The law ought to be instantaneous and imperative, that no pupil under the junior class, should be allowed to take a book home, or to study one single moment out of the insufferable six hours. Until New-York can rise to the intelligence of the Boston Board, some plan like the following should be adopted in order to prevent the children from falling into habitual constipation, which lays the foundation for brain-fever; or the slower, but life-long calamity of a residence in some lunatic asylum; or, the brain, stimulated into diseased action, loses its power, and the unfortunate child, however

bright and promising at first, soon reaches the acme of its capabilities, beyond which it can not go, and falls into jejune mediocrity.

Constipation, Dyspepsia, and Brain-Fever are the three great dangers of children at school. When a child gets to pass a day or two without an action of the bowels, it becomes at once exposed to every disease that is abroad; if there is any prevalent sickness whatever, a constipated child is sure to suffer from it; while it takes cold from the slightest of all causes, and thus becomes tinder for diphtheria, scarlet fever, and putrid sore-throat. Hence, breakfast should be taken early, long enough before half-past eight o'clock, to allow them to have abundant time to go to the privy; and to promote this, they should be required to repair to the family-room or parlor, from the breakfast-table; because, by the mind being composed, the call of nature is more certainly noticed. It is a criminal neglect, not to clearly explain to each child, the inevitable ill results and danger to life, which attend going over twenty-four hours, without an evacuation of the bowels.

A good many give their children money to buy cakes, candies, nuts, and other trash, to be eaten as lunch at the twelve o'clock recess. It is positively certain, that in every case such children will become dyspeptic in a few weeks, or otherwise disabled from attending school. The very best, and an abundant lunch, is one slice of light bread, made of what is called Graham or unbolted flour, mixed with molasses enough to make it slightly sweet. This will appease hunger, for it is very nutritious, will promote a free condition of the bowels, and yet allow the child to have a moderate but good appetite for dinner at three and a half clock, after which, nothing should be eaten but a couple of oranges. But as too indulgent parents may not be easily brought to this, a piece of cold bread and butter, or an equivalent of stirabout or cracked wheat, with a little molasses, is amply sufficient. The importunities of the little Olivers for "more," should be firmly and kindly resisted; then, instead of seeing the children come to the breakfast-table with a listless, weary, unrefreshed look, only nibbling at a bit of bread, or sipping a little water, they will be bright, cheerful, and able to eat almost any thing placed before them—provided they have had the utmost abundance of sleep; for if this is not

allowed a child, not one in ten will see thirty years; and even those, from the day of marriage and on, will be years of annoying if not miserable invalidism. To ascertain what is sufficient sleep without mistake, and as some naturally require more sleep than others, there is only one safe plan of procedure, and that is as infallible as nature herself. Make the child go to bed at an earlier and earlier hour, until he wakes up of himself, about six o'clock; until nature wakes him up; which she will never fail to do as soon as enough sleep has been taken to repair the muscular and mental wear and tear of the preceding day.

If a child is put to bed at nine o'clock in the evening, and does not wake at six, after a week's trial, then try eight or seven, and when the proper hours are ascertained, adhere to them pretty rigidly; do not make any inflexible rule. If, from unavoidable irregularity, a child has to be waked up, do not trust a servant to do it. The parent should do it mildly, gently, pleasantly, encouragingly. Servants are very apt to do it with a shock, or scowl, or scold, or other exhibition of impatience, and the day of the child begins with a feeling of irritation which is very apt to color the whole of that day's conduct.

Two rules as to eating are of incalculable importance. If a child is under ten years of age, every particle of food should be cut up by one of the parents, in pieces almost as small as a pea, with a sharp knife; or if the servant does it, it should be brought to the parent for inspection, before it is placed before the child, and nothing should be eaten between meals but a piece of dry bread, or an orange, or ripe fruit, about midway between. Children over ten should not be allowed to eat any thing between meals except on some special occasion. Nothing so soon and so certainly wears out the stomach of a child as eating something every two or three hours.

By the time the public-school scholar gets through with dinner, it is about four o'clock. Let it be rigidly understood that they must keep on their feet out of doors, if not raining or otherwise inclement, until it is dark enough to come in, and then let them be busied in plays or games, or some household occupation which requires them to be actively employed on their feet until tea; after which let them have some amusement until retiring; always timing things so that they shall be ready to get into bed within five minutes of the regular hour; arrang-

ing all in such a way that not a single moment shall be employed in study, or reading, or sewing by gas, or candle, or other artificial light. Whatever lessons can not be learned between rising in the morning and the time for starting to school, let them remain unlearned. If, on application to the teachers, the out-of-school task can not be modified, then insist that the child be put in a lower class. It is infinitely better that a child shall remain a year longer at school, or to have no schooling at all, (excepting always a religious training,) and grow up with good health, than by incessant and painful stimulations have the brain over-strained with the inevitable result of a constitution blighted in its budding, to be a burden or a torture to life's latest hour.

Finally, parents, as you can never tell that any night shall not be the last on earth, however well the child may seem on retiring, and that it shall not wake up to a brain-fever, or dreaded croup, or the more fearful diphtheria, or putrid sore-throat, be persuaded to make a habitual and systematic arrangement by which each child shall retire to its little bed with a feeling of affectionate lovingness toward you; that no harsh word, or look, or inconsiderate act of yours shall ruffle its little heart, and cause it to turn its face to the wall against you. Your indifferent, stereotyped, matter-of-course kiss is a cruel hypocrisy. The little creatures perceive it by an instinct, and they lie down with an undefined unsatisfaction. If you do not feel a kiss, do not commit the atrocity of a mere form, but go and pray God to give you a better heart.

TAKING PHYSIC.—A certain doctor, who has made a mountebank of himself in theology as well as in medicine, has uttered a magnificent lie in the words of an undeniable truth, that "medicine has done more harm than good." He meant to be witty at the expense of his brethren. It is not the medicine advised by the educated physician which has done the world so much injury, but it is the physic which the people swallow on their own responsibility. When a narrow-minded ninny gets sick, he "calculates" the saving it will be to him to give twenty-five cents for a box of pills, instead of "employing a physician," besides avoiding the discomfort of "a course of medicine," as it is called. This answers for a while in many cases, but it is

ultimately disastrous, and health and life are the fearful forfeit. A gentleman had been a dyspeptic, and hearing that a preparation of soda was "good for dyspepsia," he "tried it;" it acted "like a charm," and for the next six months he was so enraptured with its effects that he considered it a duty as well as a humanity to recommend it to every person who seemed to be affected as he had been. Not long thereafter, as he was standing at the gate of his newly-married daughter, in London, in a passing call on his way to business, he dropped down dead. On examination, the cause was found in several ounces of soda impacted in the bowels.

Not long ago, a young lady of wealth called for a prescription at a Quaker druggist's. Being a conscientious man, he said to her very kindly that if she continued to take it in such quantities, it would destroy her. It was a preparation of morphine, chloroform, and ether, which had an instantaneous and powerful effect on the whole system, and in her case excited the brain and kept it in that condition, requiring constantly increased doses. Within a month she was attacked with a very familiar disease, cured every day in its more peculiar seat. In her case, the brain having been so weakened by the continual over-excitement to which it had been subjected, became the point of metastasis. In familiar phrase, "it went to the brain." She was a model of unobtrusive, self-denying piety, so retiring, so pure, as to be the admiration of those who knew her inner life. In an hour the malady made a wreck of the mind. No man could hold her. Her profanity was shocking to every attendant. A day or two more and she died. We personally know that her sister perished a year earlier in consequence of a condition of the system induced by taking daily, for months a popular "cough-lozenge," or "troché." In these last two cases, economy was no object, for they had always been the pampered and petted children of lavish wealth. But it was so much easier to get rid of an ailment in this way than by the formality of calling in the family physician; besides parental solitudes need not be uselessly excited; this, no doubt, was the ruling motive. The experienced practitioner well understands that the habitual taking of any efficient medicine is the certain road to a premature and very often a violent or agonizing death.

FAILING EYESIGHT.

"WHEN ought I to begin to use spectacles?" is the inquiry of all who, having passed the up-hill of life, are making their way downward on the other side. The necessity of glasses comes sooner to some than others, according to the variety of circumstances and conditions which are allotted to human kind; hence it would be unwise to name any particular age. The sad necessity, however, comes with timely warnings, each successive one becoming more and more decisive. To the hearty, healthy, temperate and strong, the "symptoms" of needed spectacles begin to make their unwelcome appearance about the age of fifty years. To our wives, so unwisely industrious as to stitch, stitch, stitch, until the bell strikes midnight, under the unanswerable plea, "I have to do it," the indications of failing eyesight are ten years earlier; but whether at fifty or forty, they are the same. Among the very first is an instinctive preference for the larger print; next, and before we are aware of it, it is found that a habit has been formed of selecting the lightest spot in the room for reading or fine sewing; after a while, a year or more, there is either a disposition to put the newspaper farther from the eye, or there is some little adjustment of it necessary in order to enable one to read with entire comfort; after a while, there is a disposition to stop reading for a second or two, and wink the eyes several times, or to rest them by looking at something at a distance, as if to gain more strength to see distinctly the lines and letters read; then comes the feeling of aid given to the eye by placing the finger near the line read, as if to steady the paper, or as if to enable the eye to get at the line more readily. Reader, when you find yourself reading by the aid of your finger, thus, you are beginning to be an old man; "gray hairs are upon you;" your sight has begun to fail you, and you should at once purchase glasses. Those made of Brazilian pebble, being natural glass, are the best, because they are not so easily broken, are not readily scratched, and do not gather moisture so soon, hence do not need to be so often wiped; they are more expensive than the common kind. Common glasses, in blue steel frames, cost from one to three dollars; pebble glasses, six dollars.

When spectacles are first worn, they should not be employed steadily, only in the early morning or a dim light, or with fine print or sewing.

It is a very bad practice to keep the spectacles on all the time, in order to save trouble, for the eyesight fails much more rapidly under such circumstances, and those of greater power must be more speedily used. When the sight is beginning to fail, the eyes should be favored as much as possible; this can be done,

1st. By sitting in such a position as will allow the light to fall upon the page or sewing obliquely over the shoulder.

2d. By not using the eyes for such purposes by any artificial light, or before sunrise, or after sunset.

3d. By avoiding the special use of the eyes in the morning before breakfast.

4th. By resting them for half a minute or so, while reading or sewing, or looking at small objects, by looking at things at a distance or up to the sky, relief is immediately felt by so doing.

5th. Never pick any collected matter from the eye-lashes or corners of the eyes with the finger-nails; rather moisten it with the saliva and rub it away with the ball of the finger.

6th. Frequently pass the balls of the fingers over the closed eyelids, towards the nose; this carries off any excess of water into the nose itself by means of the little canal which leads into the nostril from each inner corner of the eye, which canal tends to close up in consequence of the slight inflammation which attends weakness of eyes.

7th. Keep the feet always dry and warm, so as to draw any excess of blood from the other end of the body.

8th. Use eye-glasses at first, carried in the vest-pocket, attached to a guard, for they are instantly adjusted to the eye with very little trouble; whereas, if common spectacles are used, such a process is required to get them ready, that to save trouble, the eyes are often strained to answer a purpose.

9th. Wash the eyes abundantly every morning. If cold water is used, let it be flapped against the closed eye with the fingers of the hand, not striking hard against the balls of the eyes. But it would seem a better plan to open the eyes in pure warm water, because warm water is more penetrating than cold; it dissolves much more readily and rapidly any hardened matter that may be about the lids, and is more soothing and more natural.

10th. The moment the eyes feel tired, the very moment you are conscious of an effort to read or sew, lay aside the book or needle, and take a walk for an hour, or employ yourself in some active exercise not requiring the close use of the eyes.

NOTICE OF MONTHLIES.

American Monthly, \$1.25—New-York, 5 Beekman Street. Rev. S. H. Platt, editor.
American Medical Gazette, \$2—New-York. Prof. D. Meredith Reese, M.D., LL.D., editor.
American Druggists' Circular, \$1—New-York—a most useful publication.
American Phrenological Journal, \$1—Fowler & Wells, New-York, 803 Broadway.
American Farmer, \$2—Baltimore, Md.
American Agriculturist, \$1—In English and German—New-York, Orange Judd, A.M.
Boston Medical and Surgical Journal, \$3—Boston, Mass., in 53d vol.
Blackwood's Magazine, \$3—Leonard Scott & Co., 79 Fulton Street, New-York.
Center College Magazine, \$2—Danville, Kentucky.
College Journal, Medical, \$2—Cincinnati, O.
Dental Register, \$3—Cincinnati, O. Edited by J. Taft and Geo. Watts.
Evangelical Repository, \$1—Philadelphia.
Eclectic Medical Journal, \$2—Philadelphia, Wm. Paine, M.D., editor.
Farmers' Monthly, \$1—Detroit, Michigan.
Fireside Monthly, \$1.50—Excludes fiction—Family reading—New-York, 42 Irving Place.
Godey's Lady's Book, \$3—Philadelphia—Queen of all Pictorials.
Hesperian, \$3—San Francisco—Edited by Mrs. F. H. Day.
Home Monthly, \$2—Boston, Wm. M. Thayer, Editor—for the Family.
Hall's Journal of Health, \$1—Never advises a dose of Medicine—New-York.
Ladies' Home Magazine, \$2—Philadelphia. Editors, T. S. Arthur and V. F. Townsend.
Mothers' Journal, \$1—Edited by Mrs. C. E. Hiscox. New-York, 115 Nassau Street.
Merry's Museum, \$1—116 Nassau Street, New-York—for Youth. Pictorial.
Massachusetts Teacher, \$1—Boston, Charles Ansoe, editor.
Maine Teacher, \$1—Portland, Maine. By Edward P. Weston.
Millennial Harbinger, \$1—Bethany, A. Campbell, Sr. editor.
Medical and Surgical Journal, \$3—Atlanta, Ga. Dr. J. G. Westmoreland, editor.
New-York Teacher, \$1—Albany, N. Y.
Presbytery Reporter, \$1—Chicago, Ill. Edited by Parks & Norton.
Pacific Expositor, \$3—San Francisco. Rev. W. A. Scott, D.D., editor.
Southern Medical Reformer and Review, \$1—Macon, Ga. By Prof. M. S. Thomson.
Students' Monthly, \$1—Oberlin, O. Collegiate.
Water-Cure Journal, \$1—New-York. Dr. Trall, editor, 308 Broadway.

QUARTERLIES, SEMI-ANNUAL, AND ANNUAL.

Christian Examiner, \$4—In 69th vol. Boston, Mass., and London, G. E. T. Whitfield.
Christian Review, \$3—E. G. Robinson, editor. 115 Nassau Street, New-York. Baptist.
Edinburgh Review, \$3—"Whig." Republished by Leonard Scott & Co., 79 Fulton St., New-York.
London Quarterly, \$3—"Conservative." " " " "
North British Review, \$3—"Free Church." " " " "
Westminster Review, \$3—"Liberal." " " " "

These four quarterlies, with Blackwood's Magazine, are furnished for ten dollars a year, by Leonard Scott & Co., 79 Fulton Street, New-York, and are delivered in cities and large towns, free of postage; elsewhere, Blackwood is 24 cts. a year, and each Review 14 cts. These six publications are written for by the best scholars and most cultivated minds in Great Britain. They are models of classical English composition, and no professional man, no general scholar, no statesman, nor indeed any man who desires to keep himself posted as to the current state of the world in politics, theology, finance, literature and general history, ought to be without these, if he can afford to pay for them, giving as they do the cheapest substantial reading in any language.

Medico-Chirurgical Review, \$3—Republished by the Messrs. Wood, 339 Broadway, New-York. The acknowledged standard organ of allopathic medicine.

Braithwaite's Retrospect, Semi-annually, \$2 a year—Republished promptly and in handsome style, by Wm. A. Townsend, 46 Walker Street, New-York. This is a synopsis of medical progress throughout the world for each preceding six months, made with great industry, judgment, and ability. No respectable educated physician of any "school" or system, or branch of medicine, can do his full duty by his patients who fails to take this valuable publication.

Presbyterian Historical Almanac, annual, \$1 a year. By Joseph M. Wilson, No. 111 South 10th Street, Philadelphia, Pa. An invaluable historical and statistical compendium. Stereotyped. 1861 makes the third volume.

Any of the above publications may be ordered by simply addressing a letter post-paid to the name of said publication and the place of issue, without writing the name of the editor or publisher, as these are changing. In all cases, inclose the money; seal the letter; put it in the office yourself, having addressed it plainly. If you hand your subscription to a bookseller or postmaster, or other publisher, they generally retain 25 per cent. for their trouble, which is a clear loss to the publication you patronize; besides, passing through various hands, it is very liable to be lost to all parties.

THINGS WORTH SEEING IN NEW-YORK.

ASTOR LIBRARY, free to all from 9 A.M. until sunset. Attendants will hand any book called for to be used in the room. Lafayette Place, near Eighth Street, one block east of Broadway. 116,000 volumes.

BARNUM'S MUSEUM, 222 Broadway, near Astor House. Twenty-five cents admission. Open from 8 A.M. until 10 P.M.

BIBLE HOUSE, on Fourth Avenue, one block east of Broadway, through Eighth Street, seven stories, occupying one whole block of ground, having cost \$310,000. It employs three hundred persons, pays out four hundred and fifty thousand dollars a year, and in a year issued eight hundred and fifteen thousand Bibles and Testaments, in every variety of style and binding, from thirty cents for a complete Bible, up to twenty dollars each. The paper is received on the pavement, and is delivered in the seventh story a complete Bible.

BOOK-MAKING.—The most extensive printing-establishment in America is that of JOHN A. GRAY, Esq., on Frankfort Street, three blocks east of the City Hall, six stories, running twenty-six printing-presses, employing between two and three hundred men, women, boys and girls, within the building, and turning out every day an incredible amount of work, from a common pasteboard card up to bills, pamphlets, newspapers, magazines, and books in every style; and every thing well done, under the direction of one man, through that ceaseless vigilance, energy, firmness, and equanimity essential to all important positions; the pledge for even a temporary employment in the mammoth establishment being an engagement to be punctual, industrious, careful, quiet, clean, obedient, just and gentle in speech—qualities fit to be enumerated daily at the breakfast-table of every family in the land. Let them be “learned by heart” by every child that lives.

CENTRAL PARK, reached by city cars, from Astor House, for five cents, by Third, Sixth, and Eighth Avenue lines; 844 acres; cost, to January 1, 1861, \$7,600,000; appropriation for 1860, \$2,500,000; total cost of purchase and improvements, up to January 1, 1861, \$10,100,000. It is five miles from the Battery, is two and a half miles long, and half a mile broad; laid out by Frederick Law Olmsted, born in Conn., Lieutenant E. L. Viele, Engineer-in-Chief.

COOPER INSTITUTE, junction of Third and Fourth Avenues, built at an expense, including the ground, of over \$630,000, by Peter Cooper, born in New-York City, Feb. 12, 1791. When completed, the noble man gave it to the city, to be devoted to the elevation of the working-classes of his birthplace, by instruction, without charge, in ordinary daily occupations, in sanitary, social, agricultural, and political science, and teaching addressed to the eye, the ear, and the imagination. The rents of the ground-floor are intended to pay all the expenses of keeping the building in perfect order. He was born poor, worked hard in a hatter's shop until he was seventeen, then learned coach-making. He built, at Baltimore, after his own design, the first locomotive engine ever used on this continent. Peter Cooper still lives. His name will be held in affectionate and respectful remembrance by millions yet unborn. Library and reading-room free to males and females.

GREENWOOD CEMETERY is visited by great numbers. Most of the omnibuses convey you to South Ferry for six cents; ferriage, two cents; by Hamilton Avenue boats, from which horse-cars take you to the cemetery, five miles, for six cents. Carriages can be had at the gates, for one dollar an hour, for one or four persons. Intelligent drivers will point out the most striking monuments, with items of their history. Opened September 5, 1840, and up to Dec. 31, 1860, had received 81,325 of the dead.

PAINTINGS, by the great masters, ancient and modern, from the twelfth century to the present time, at THE INSTITUTE OF FINE ARTS, 625 Broadway. It includes the celebrated Dusseldorf Gallery, and the Jarves Collection, and is the largest and most *recherché* collection of paintings on this continent. Valuable additions are being constantly made. Admission, twenty-five cents.

PHOTOGRAPHIC GALLERIES are free to all, and will afford visitors the means of passing an hour with the highest satisfaction. The most prominent, in alphabetical order, are, Anson, Brady, Frederick, Gurney, Johnson, and Mead, all on Broadway.

PRINTING.—One of the greatest wonders of the city, and of the world, is the printing-press at *The World's* office, 37 Park Row, nearly opposite the Astor House. It can turn off twenty-five thousand impressions in an hour. It is made up of fourteen thousand seven hundred and thirty distinct pieces, weighs fifty thousand pounds, is fifteen feet broad, sixteen feet high, forty feet long, and cost thirty thousand dollars. Fifty years ago, it required two men nearly one hour to print a hundred newspapers. Any gentleman or lady, on application at the office, will have its working shown them.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

NOVEMBER, 1861.

[No. 11.]

MORAL MEDICINE.

DRUGGERY is not the only physic. There are means of curing disease and averting sickness, quite as efficient as any pill or potion ever sold over the apothecary's counter. The medicine of the mind is as powerful for life and death, as the flash of the lightning, or the bullet of the carbine. The thunder-bolt kills instantly; so may a mental emotion. There are slow poisons which eat out the life, piece-meal, in the agonies of years; and many an unrevealed sorrow has there been, to waste away its victim in the tedious progress of weary weeks and months of grief. There is no stimulant more full of health than a hearty laugh. There is not a tonic in all creation which gives such perennial vigor as that of a conscience void of offence toward God and man. Better than any balm of ancient Gilead are the reflections of a well-spent life; of a conscious integrity of purpose pervading every business transaction from early joyous youth to a genial old age.

Let the reader, then, turn again to the pages of the October number, and experiment for himself as to the virtue there is in "Living to Purpose." Let him feel that *he* "is wanted" to do somewhat toward raising humanity from its low estate to greater heights, and that without his aid, the grand work will be proportionally retarded. Let him be admonished in his progress down the river of time, lest he be unconsciously "drifting" upon sunken shoals or more treacherous quicksands. Let him feel that there is no moth known on earth, which so effectually eats out all that is noble, and generous, and manly in the heart, as the "greed of gold." Thus let his eye run from article to article, and see if in the practice of them there is not an enduring virtue beyond that of the pestle and the spatula; more subtle and life-inspiring than Chemistry ever claimed.

HEALTH TRACT, No. 40.

From HALL'S JOURNAL OF HEALTH, \$1 a year, New-York.

WHAT TO EAT, AND WHEN.

WHEN a piece of land is exhausted of the element which is the principal ingredient of a certain crop, that ingredient must be supplied, or the crop will fail in quantity and in quality; hence the thrifty farmer ascertains the wants of the soil, and supplies it with the needed manure every year. The human body is exhausted of its elements day by day, and day by day must these elements be supplied by what we eat and drink; but the required proportion of these elements changes with the seasons, with the temperature of the weather, and he who eats the same in quantity and quality in July as at Christmas, will die in a month, because the adult eats for two reasons—to warm and to nourish. All food contains two chief principles: Carbon, to keep from freezing; Nitrogen, to keep from famishing. The proportion of these elements varies with the food. Those who work a great deal, require a great deal of nourishment, of nitrogen, for it is the flesh-forming principle. Those who are exposed a great deal to the cold should eat the carbonaceous, the heat-supplying food. Butter and fat are three fourths carbon; vegetables have but little, berries none. Hence Greenlanders in their icy homes luxuriate in blubber and whale-oil, while the people of the sunny South revel in oranges and bananas, on the plantain and the peach, on dates and figs, on lemons, tamarinds, pine-apples, etc. We who live in latitudes between, are permitted the diet of the Polar Sea and the tropics, in their season. A wise man will take but little carbonaceous food on a suddenly hot day; but if suddenly cold, it is best for him to eat more of fuel-making food. An infinite number of fevers and of colds would be avoided if timely attention were paid to these things. By the aid of these statements, the following tables may be used to great advantage, showing the amount of carbon, or heat-forming principle, in several articles of food. There is not one per cent of nitrogen, or flesh-forming principle, in fruits, berries, and the more common vegetables. Meats have about fifteen per cent. The meats average twenty-five per cent of nutriment, that is, including both carbon and nitrogen. Of all meats, mutton is the most nutritious—thirty per cent; fish least, twenty per cent. Of all vegetables, white beans are the most nutritious, ninety-five per cent; wheat-flour, ninety per cent; turnips, the least, five per cent. Of fruits, plums are the most nutritious, thirty per cent; apples, seventeen; melons and cucumbers, three, the rest being mere water and waste. The more waste, the more open the bowels are.

	Percentage of Carbon.		Percentage of Carbon.		Percentage of Carbon.
Apricots,	0	Potatoes,	11	Wheat Bread,	40
Berries,	0	Lean Meat,	13	Sugar,	42
Cherries,	0	Rye Bread,	31	Apples,	45
Currants,	0	Gum Arabic,	36	Meats, Fat,	53
Turnips,	3	Arrow-Root,	36	Butter,	65
Artichokes,	9	Green Peas,	36	Soup,	75
Blood,	10	Starch,	37	Lard,	80
Milk,	10	Lentils,	37	Beans,	88

HEALTH TRACT, No. 41.

From Hall's Journal of Health, 42 Irving Place, New-York. \$1 a year.

SICK HEAD-ACHE

Is sickness at stomach, a tendency to vomit, combined with pain in some part of the head, generally the left side. It is caused by there being too much bile in the system, from the fact that this bile is manufactured too rapidly, or is not worked out of the system fast enough by steady, active exercise. Hence sedentary persons, those who do not walk about a great deal, but are seated in the house nearly all the time, are almost exclusively the victims of this distressing malady. It usually begins soon after waking up in the morning, and lasts a day or two or more. There are many causes; the most frequent is, derangement of the stomach by late and hearty suppers; by eating too soon after a regular meal, (five hours should, at least, intervene;) eating without an appetite; forcing food; eating after one is conscious of having had enough; eating too much of any favorite dish; eating something which the stomach can not digest, or sour stomach. Any of these things may induce sick head-ache; all of them can be avoided. Over-fatigue or great mental emotion of any kind, or severe mental application, have brought on sick head-ache, of the most distressing character, in an hour; it is caused by indulgence in spirituous liquors. When a person has sick head-ache, there is no appetite; the very sight of food is hateful; the tongue is furred; the feet and hands are cold, and there is a feeling of universal discomfort, with an utter indisposition to do any thing whatever. A glass of warm water, into which has been rapidly stirred a heaping tea-spoon each of salt and kitchen mustard, by causing instantaneous vomiting, empties the stomach of the bile or undigested sour food, and a grateful relief is often experienced on the spot; and rest, with a few hours of sound, refreshing sleep, completes the cure, especially if the principal part of the next day or two is spent in mental diversion and out-door activities, not eating an atom of food (but drinking freely of cold water or hot teas) until you feel as if a piece of plain, cold bread and butter would "taste really good." Nine times in ten the cause of sick head-ache is in the fact, that the stomach was not able to digest the food last introduced into it, either from its having been unsuitable, or excessive in quantity. When the stomach is weak, a spoonful of the mildest, blandest food would cause an attack of sick head-ache, when ten times the amount might have been taken in health, not only with impunity but with positive advantage.

Those who are "subject to sick head-ache" eat too much and exercise too little, and have cold feet and constipation. (See Health Tracts Nos. 21 and 22.) A diet of cold bread and butter, and ripe fruits or berries, with moderate continuous exercise in the open air, sufficient to keep up a very gentle perspiration, would, of themselves, cure almost every case within thirty-six hours.

HEALTH TRACT, No. 42.

From Hall's Journal of Health, 42 Irving Place, New-York, \$1 a year.

HEALTH'S THREE ESSENTIALS.

ALL who are now in health can keep well, and three out of four of those suffering from the common transient ailments of life can be perfectly cured by giving a steady, judicious attention to the three following rules :

RULE FIRST.

Never eat between meals, nor take any thing for supper but a single piece of cold bread and butter, and a glass of water, or one cup of any kind of hot drink.

RULE SECOND.

Secure one regular, free, and full daily action of the bowels every morning after breakfast, by the use of your ordinary food ; (see Health Tract No. 22 ;) and to this end, do not leave your home under any pretense, for a single moment, until there is an inclination to stool ; then, as you value a long and healthful life, do not defer the call for a single second of time, for any thing short of a fire or a fit ; rather cherish the inclination. If it does not come within half-an-hour of the regular time, solicit nature. If unsuccessful, do not eat an atom of any thing until the passage is secured, or at least until next morning. Meanwhile, drink as much cold water, or hot tea, as you desire, and keep exercising (tenfold better if in the open air) to the extent of sustaining a scarcely perceptible perspiration for the greater part of the day ; for it must strike you, that if food is steadily passed into the mouth, and there is no corresponding outlet, harm is absolutely inevitable. If, during the second day, the bowels do not move, call in a regularly educated physician.

RULE THIRD.

Cool off very slowly after all forms of exercise ; the neglect of this lights up the fires of three fourths of all the diseases which afflict humanity. Cool off slowly by putting on more clothing than while exercising, instead of laying aside some, even a hat or a bonnet ; go to a closed room rather than sit or stand out of doors ; sit by a good fire rather than an open window ; at all events keep in motion in such a way as to allow the perspiration, or any extra warmth, to disappear very gradually indeed.

If a fourth rule were added, it should be to keep one end of the body, the feet, always dry and warm, (see Health Tract No. 21,) and the other, the head, cool and clean, by spending two minutes in midwinter, and five or more in midsummer, in washing, with ordinary cold water, the scalp, if the hair is short, the ears, neck, throat, arm-pits, upper part of chest and arms ; rub dry briskly, dress quickly, and go to breakfast.

These same observances (the first three) will incalculably mitigate every disease to which mortal man is subject—will moderate every pain, and will soothe every sigh ; and a pity is it beyond expression, that every human creature does not know and habitually practice them.

HEALTH TRACT, No. 43.

From HALL'S JOURNAL OF HEALTH, \$1 a year, New-York.

PREMONITIONS.

AN incalculable amount of sickness, suffering, and premature death would be avoided every year, if we could be induced to heed the warnings, the premonitions, which kindly nature gives of the coming on of the great enemy, disease. Many a mother especially, has lost a darling child, to her life-long sorrow, by failing to observe the approach of disease, in some unusual act or circumstance connected with her offspring.

1. If an adult or child wakes up thirsty in the morning, however apparently well at the moment, or the preceding evening, there will be illness before noon always, infallibly. It is generally averted by remaining warm in bed, in a cool, well-ventilated room, eating nothing, but drinking plentifully of some hot tea all day; some little may be eaten in the afternoon by a child. But as long as a person wakes with thirst in the morning, there is an absence of health—there is fever.

2. If, when not habitual to him, one is waked up early in the morning by an inclination to stool, especially if there is a feeling of debility afterwards, it is the premonition of diarrhea, summer complaint, dysentery, or cholera. There should be perfect quietude, etc., as above; in addition, a piece of warm, thick, woolen flannel should be wrapped tightly around the abdomen, (belly;) the drink should be boiled milk; or far better, eat pieces of ice all the time, and thus keep the thirst perfectly subdued; eat nothing but boiled rice, corn starch, sago, or tapioca, and continue all these until the tiredness and thirst are gone, the strength returned, and the bowels have been quiet for twelve hours, returning slowly to the usual activities and diet.

3. If a child is silent, or hangs around its mother to lay its head on her lap, or is most unusually fretful, or takes no interest in its former amusements, except for a fitful moment at a time, it is certainly sick, and not slightly so. Send at once for a physician, for you can't tell where or in what form the malady will break out; and in children especially, you can never tell where any particular ailment will end.

4. When there is little or no appetite for breakfast, the contrary having been the case, the child is sick, and should be put to bed, drinking nothing but warm teas, eating not an atom until noon, then act according to developments.

5. If a child manifests a most unusual heartiness for supper, for several nights in succession, it will certainly be sick within a week, unless controlled.

6. If there is an instantaneous sensation of sickness at stomach, during a meal, eat not a particle more; if just before a meal, omit it; if after a meal, go out of doors, and keep out in active exercise for several hours, and omit the next meal, for all these things indicate an excess of blood or bile, and exercise should be taken to work it off, and abstinence, to cut off an additional supply, until the healthful equilibrium is restored.

7. A kind of glimmer before the eyes, making reading or sewing an effort, however well you may feel, will certainly be followed by head-ache or other discomfort, for there is too much blood, or it is impure; exercise it off in the open air, and omit a meal or two.

8. If you are not called to stool at the accustomed hour, (except when traveling, then let things take care of themselves—do nothing,) eat not an atom until it is done, for loss of appetite, or nausea, or loose bowels, or biliousness, is certainly impending. Exercise freely out of doors, and drink cold water or hot teas to the fullest desired extent.

9. If there is a most unnatural indisposition to exertion, you need rest, quiet, and abstinence; exercise in weariness never does any good, always harm. But if causelessly despondent, or there is a general feeling of discomfort, the blood is bad, warm the feet, unload the bowels, eat nothing for twelve hours, and be out of doors all day.

10. If, without any known cause, or special pain, you are exceedingly restless, can not sleep, or if you do, it is dreamy, disturbed, or distressing, you have eaten too much, or are on the verge of some illness. Take nothing next day but hot drinks and toasted bread, and a plenty of out-door exercise. In all these cases, a thorough washing with soap and hot water, and vigorous bodily friction, greatly expedite restoration.

NEURALGIA,

FROM two Greek words, *Neuros*, nerve, and *Algos*, pain; means nerve-pain; but as there is no pain except in connection with the nerves, every pain or ache in the body is really "neuralgia." Ailments are generally named from the part affected, or the nature of the malady. "Head-ache," because the pain is in the head. "Pleuritis," or pleurisy, because there is inflammation, too much arterial blood in the *pleura*, or covering of the lungs. Neuralgia is always caused by bad blood; bad, because too poor or too much of it; too poor, because there is not exercise and pure air enough to secure a good digestion, and the person is thin and pale; too much blood, because there is too much eating, and the bowels not acting every day, more is taken into the system than passes from it, and it is too full. The person may be fleshy enough, and does not appear sick at all. For a week, live on cold bread and butter, fruits, and cold water. Take an enema of a pint or more of tepid water daily, and spend the whole of daylight in active exercise in the open air, and the neuralgia will be gone in three cases out of four—the feet being kept warm, and the whole body most perfectly clean. There are two kinds of neuralgia, sharp and dull; both caused by there being too much blood in or about the nerve. Perhaps arterial blood gives the sharp, venous blood the dull or heavy pain. In either case, the pain is of all forms of intensity, from simple discomfort to an agony almost unendurable. In the more fleshy parts, the pain is less severe, since the soft flesh yields before the distending nerve; distended by more and more blood getting into it, until it is occasionally three times its usual size; but when the nerve is in a tooth, or between two bones, or passes through a small hole in the bone, as in the face, or "facial neuralgia," which is neuralgia proper, or the *Tic Douloureux* of the French, the suffering is fearful, because there is no room for distension, and every instant, the heart, by its beating, plugs more blood into the invisible blood-vessels of the nerves. But in any such case, open a blood-vessel in the arm or elsewhere, until the person is on the very point of fainting, and the most excruciating neuralgia is gone in an instant, because the heart ceases to send on blood, and the blood already in a part, as naturally, flows out of it, as water naturally flows out of an uncorked bottle, on its side. Hence, a skin kept clean by judicious washings and frictions, helps, by its open pores, to unload the system of its surplus; the bowels kept free by fruits, berries, coarse bread, and cold water, is another source of deliverance of excess. While these articles of food supply but a moderate amount of nourishment, in addition, active exercise still more rapidly works off the surpluse of the system, and the man is well; not as soon as by the bleeding, but by a process more effective, more certain, more enduring, and without harm or danger. Hence, there is no form of mere neuralgia, which is not safely and permanently cured in a reasonable time by strict personal cleanliness, by cooling, loosening food, as named, and by breathing a pure air in resting in our chambers at night, and in moderate labor out of doors during the hours of daylight. Those who prefer uncertain physic or stimulants to these more natural remedies, are unwise, and ought to have neuralgia—a little. Half a dram (or half a tea-spoonful or thirty drops) of sal ammoniac, in one ounce (or two table-spoonfuls) of camphor-water. Dose: one tea-spoonful every five minutes until relieved, or from one to three tea-spoonfuls of valeriate of ammonia thrice a day, are valuable temporary remedies.

HEALTH TRACT, No. 45.

From "SLEEP," by Dr. W. W. Hall, 42 Irving Place, New-York. \$1.25.

PRIVATE THINGS.

If the urine is retained too long, the bladder becomes heated and inflamed, and loses its power; the inflammation then becomes more and more intense, and death takes place in two or three days. Hence, children should be taught to urinate the last thing before going to bed at night, and before leaving home for several hours, or going on a journey. The modesty of persons riding in stages has repeatedly resulted in death in this connection. As persons grow older, the call to urinate becomes more and more frequent. As early as fifty, it is necessary to arise several times during the night for that purpose; hence a vessel in the chamber of a guest is as indispensable as bed-clothing. The warmer the weather, the less the urine, and the more high colored, because so much of the water of the system escapes by perspiration through the pores of the skin; hence, they who labor most, urinate less than the sedentary. The color and quantity of urine depend so much on the greater or less amount of exercise, on the relative amount of food and drink, the quantity and quality of the latter, and the temperature of the weather, that none but a physician should draw conclusions therefrom as to the state of the health. Hence, do not inspect the urine; and make it an imperative rule to give instant attention to a call. In males, attempts to urinate when the parts are turgid from any cause, rupture or stricture may result—a life-long calamity.

STOOLING.

Every moment an even slight inclination to stool is resisted, the more watery particles begin to be absorbed into the blood again—a most filthy idea; and going on, that which is left behind becomes so dry and hard that it is impossible to void it, and the physician has to be called to spade it out with the handle of a spoon. The world-renowned surgeon, Dr. Valentine Mott, reports on one occasion having taken out eleven pounds from one individual. Costiveness is induced by deferring a call to stool to-day; to-morrow it comes later and later, until it occurs only two or three times a week. By this time health is impaired, piles are induced, falling of the bowels comes apace, so that whenever a passage occurs the pain is so insufferable, that it is necessary to lie down for several hours; or fistula or anal-fissures form, by which the excrements can not be controlled, and come away incessantly—a deplorable and disgusting condition!

Anal-fissure may be represented by cutting the rim of a purse, when the contents fall out of their own weight, often caused by straining too much, or remaining too long at stool, (five minutes are enough,) or by straining too suddenly when in a hurry. If a person finds, while on the privy-seat, that the excrements have begun to come, but there is reason to think that they are large and hard, it is infinitely best to introduce the finger carefully and gouge it out; there is nothing else you can do; a knife or stick would endanger wounding, while to strain on, would end in fissure.

The most consummate fools in nature are those who indulge outside of honorable wedlock, for lost self-respect and a blighted conscience to the end of life are inevitable results, while character is degraded, and in every case, even from a single fault, there is most imminent risk of a loathsome disease, which carries its baleful and degrading effects to generations yet unborn. The reflection is terrible. Self-indulgence brings on horrible bodily ailments, and destruction of the mind itself. See prevention and remedy in book above.

AIR, SUNSHINE AND HEALTH.

A NEW-YORK merchant noticed, in the progress of years, that each successive book-keeper gradually lost his health, and finally died of consumption, however vigorous and robust he was on entering his service. At length it occurred to him that the little rear-room where the books were kept opened in a back-yard, so surrounded by high walls, that no sunshine came into it from one year's end to another. An upper room, well lighted, was immediately prepared, and his clerks had uniform good health ever after.

A familiar case to general readers is derived from medical works, where an entire English family became ill, and all remedies seemed to fail of their usual results, when accidentally a window-glass of the family-room was broken, in cold weather. It was not repaired, and forthwith there was a marked improvement in the health of the inmates. The physician at once traced the connection, discontinued his medicines, and ordered that the window-pane should not be replaced.

A French lady became ill. The most eminent physicians of her time were called in, but failed to restore her. At length Dupeyren, the Napoleon of physic, was consulted. He noticed that she lived in a dim room, into which the sun never shone; the house being situated in one of the narrow streets, or rather lanes of Paris. He at once ordered more airy and cheerful apartments, and "all her complaints vanished."

The lungs of a dog become tuberculated (consumptive) in a few weeks, if kept confined in a dark cellar. The most common plant grows spindly, pale, and scraggling, if no sunlight falls upon it. The greatest medical names in France, of the last century, regarded sunshine and pure air as equal agents in restoring and maintaining health.

From these facts, which can not be disputed, the most common mind should conclude that cellars, and rooms on the northern side of buildings, or apartments into which the sun does not immediately shine, should never be occupied as family-rooms or chambers or as libraries or "studies." Such apartments are only fit for "stowage," or purposes which never require persons to remain in them over a few minutes at a time. And every intelligent and humane parent will arrange that the family-room and the chambers shall be the most commodious, lightest and brightest apartments in his dwelling.

This whole subject is treated at length in the book on "SLEEP," by Dr. W. W. Hall, 42 Irving Place, New-York. \$1.25, or, post-paid, \$1.37.

ATTENTION TO THE FEET.

From Hall's Journal of Health, 42 Irving Place, New-York.

It is utterly impossible to get well or keep well, unless the feet are kept dry and warm all the time. If they are for the most part cold, there is cough or sore throat, or hoarseness, or sick headache, or some other annoyance.

If cold and dry, the feet should be soaked in hot water for ten minutes every night, and when wiped and dried, rub into them well, ten or fifteen drops of sweet oil ; do this patiently with the hands, rubbing the oil into the soles of the feet particularly.

On getting up in the morning, dip both feet at once into water, as cold as the air of the room, half ankle deep, for a minute in Summer ; half a minute or less in Winter, rubbing one foot with the other, then wipe dry, and if convenient, hold them to the fire, rubbing them with the hand until perfectly dry and warm in every part.

If the feet are damp and cold, attend only to the morning washings, but always at night remove the stockings, and hold the feet to the fire, rubbing them with the hands for fifteen minutes, and get immediately into bed.

Under any circumstances, as often as the feet are cold enough to attract attention, draw off the stockings, and hold them to the fire ; if the feet are much inclined to dampness, put on a pair of dry stockings, leaving the damp ones before the fire to be ready for another change.

Some person's feet are more comfortable, even in Winter, in cotton, others in woolen stockings. Each must be guided by his own feelings. Sometimes two pair of thin stockings keep the feet warmer, than one pair which is thicker than both. The thin pair may be of the same or of different materials, and that which is best next the foot, should be determined by the feelings of the person.

Sometimes the feet are rendered more comfortable by basting half an inch thickness of curled hair on a piece of thick cloth, slipping this into the stocking, with the hair next the skin, to be removed at night, and placed before the fire to be perfectly dried by morning.

Persons who walk a great deal during the day, should, on coming home for the night, remove their shoes and stockings, hold the feet to the fire until perfectly dry ; put on a dry pair, and wear slippers for the remainder of the evening.

Boots and gaiters keep the feet damp, cold and unclean, by preventing the escape of that insensible perspiration which is always escaping from a healthy foot, and condensing it ; hence the old-fashioned low shoe is best for health.

REGULATING THE BOWELS.

From Hall's Journal of Health, 42 Irving Place, New-York.

It is best that the bowels should act every morning after breakfast; therefore, quietly remain in the house, and promptly attend to the first inclination. If the time passes, do not eat an atom until they do act; at least not until break fast next day, and even then, do not take anything except a single cup of weak coffee or tea, and some cold bread and butter, or dry toast, or ship-biscuit.

Meanwhile, arrange to walk or work moderately, for an hour or two, each forenoon and afternoon, to the extent of keeping up a moisture on the skin, drinking as freely as desired as much clear water as will satisfy the thirst, taking special pains, as soon as the exercise is over, to go to a good fire or very warm room in Winter, or, if in Summer, to a place entirely sheltered from any draught of air, so as to cool off very slowly indeed, and thus avoid taking cold or feeling a "soreness" all over next day.

Remember, that without a regular daily healthful action of the bowels, it is impossible to maintain health, or to regain it, if lost. The coarser the food, the more freely will the bowels act, such as corn (Indian,) bread eaten hot; hominy; wheaten grits; bread made from coarse flour, or "shorts;" Graham bread; boiled turnips, or stirabout.

If the bowels act oftener than twice a day, live for a short time on boiled rice, farina, starch, or boiled milk. In more aggravated cases, keep as quiet as possible on a bed, take nothing but rice, parched brown like coffee, then boiled and eaten in the usual way; meanwhile drink nothing whatever, but eat to your fullest desire bits of ice swallowed nearly whole, or swallow ice cream before entirely melted in the mouth; if necessary, wear a bandage of thick woolen flannel, a foot or more broad bound tightly around the abdomen; this is especially necessary if the patient has to be on the feet much. All locomotion should be avoided when the bowels are thin, watery or weakening. The habitual use of pills, or drops or any kind of medicine whatever, for the regulation of the bowels, is a sure means of ultimately undermining the health; in almost all cases laying the foundation for some of the most distressing of chronic maladies, hence all the pains possible, should be taken to keep them regulated by natural agencies, such as the coarse foods and exercises above named.

HEALTH TRACT, No. 25.

SLEEPING.

INABILITY to sleep is the first step toward madness, while sound and sufficient sleep imparts a vigor to the mind, and a feeling of wellness and activity to the body, which are beyond price. To be able to go to sleep within a few minutes of reaching the pillow, and to sleep soundly until the morning breaks, and to do this for weeks and months together, is perfectly delightful. How such a thing may be brought about, and kept up, as a general rule, is certainly well worth knowing, and will be appreciated, even by those who have lost but half a night's sleep. The reader can study out the reasons of the suggestions at his leisure.

Both in city and country the chamber should be on the second, third or higher floor; its windows should face the east or south, so as to have the drying and purifying influences of the blessed sunlight; there should be no curtains to the bed or windows, nor should there be any hanging garments or other woven fabrics except the clothes worn during the day, each article of which should be spread out by itself, for the purpose of thorough airing. There should be no carpet on the floor of a sleeping-room, except a single strip by the side of the bed, to prevent a sudden shock by the warm foot coming in contact with a cold floor. Carpets collect dust and dirt and filth and dampness, and are the invention of laziness to save labor and hide uncleanness.

Ordinarily, mattresses of shucks, chaff, straw, or curled hair are best to sleep upon. For old persons and those of feeble vitality, there is nothing better than a clean feather bed. No one can sleep well if cold. Have as little covering as possible from just above the knees upwards, but cover the legs and feet abundantly, for by keeping them warm, the blood is withdrawn from the brain, and to that extent, dreaming is prevented.

There should be no standing fluid of any description, nor a particle of food or vegetation or any decayable substance allowed to remain in a bed-room for a moment; nor should any light be kept burning, except from necessity, as all these things corrupt the air which is breathed while sleeping.

The entire furniture of a chamber should be the bed, two or three wooden chairs, a table and a bureau or chest of drawers. Every article of bed-clothing should be thrown over a chair or table by itself, and the mattress remain exposed, until the middle of the afternoon; not later, lest the damps of the evening should impregnate them. From morning until afternoon of every sunshiny day, the windows of the chamber should be hoisted fully. The fire-place should be kept open, at least during the night, thus affording a draft from the crevices of doors and windows. As foul air is lightest in warm weather, it is best that the sash should be let down at the top half an inch or more, and the lower one elevated several inches; by this means the pure and cool air from without enters and drives the heated impure air upwards and outwards.

In a very cold room, without a good draught or ventilation, carbonic acid being generated by the sleeper, becomes heavy and falls to the floor; this gas has no nour-

HEALTH TRACT.—SLEEPING.

ishment for the lungs, and to breathe it wholly for two minutes, is to die ; it is this which causes suffocation in descending some wells. In summer it goes to the ceiling, in winter to the floor ; hence it is more important that a sleeping-room should have a very gentle current of air in winter than in summer.

Never go to bed with cold or damp feet, else refreshing sleep is impossible ; but spend the last five or ten minutes before bed-time, at least in firetime of year, in drying and heating the feet before the fire, with the stockings off. Indians and hunters sleep with their feet towards the camp-fire.

Different persons require different amounts of sleep, according to age, sex, and occupation. Nature must make the apportionment, and will always do it wisely and safely ; and there is only one method of doing it. Do not sleep a moment in the day, or if essential do not exceed ten minutes, for this will refresh more than if you sleep an hour, or longer. Go to bed at a regular early hour, not later than ten, and get up as soon as you wake of yourself in the morning ; follow this up for a week or two, and if there is no actual disease, nature will always arouse the sleeper as soon as enough sleep has been taken to repair the expenditures of the preceding day, a little more or less in proportion to the amount of bodily and mental effort made the day before. Commonly there will be but a few minutes' difference for weeks together. It is not absolutely necessary to get up and dress, but only to avoid a second nap. Sometimes it is advantageous to remain in bed until the feeling of tiredness, with which most persons are familiar, has passed from the limbs. It is safest and best for all to take breakfast before going out of doors in the morning, whether in summer or winter, most especially in new, flat or damp countries, as a preventive of chill and fever.

If from any cause you get up during the night, throw open the bed-clothes, so as to give the bedding an airing, and also with the hands give the whole body a good rubbing for a minute or two ; the effect will be an immediate feeling of refreshment, and a more speedy falling to sleep again. This was Franklin's remedy in case of restlessness at night.

When it is remembered that one third of our whole time is spent in our chambers, and that only uncorrupted air can complete the process of digestion and assimilation and purify the blood, it is most apparent that the utmost pains should be taken to secure the breathing of a pure atmosphere during the hours of sleep ; and that the most diligent attention in this regard is indispensable to high health.

HEALTH WITHOUT MEDICINE OR MONEY.

A MEDICAL LIBRARY which never advises a dose of medicine, except in cholera, may be found in the following works, written by Dr. W. W. HALL, of 42 Irving Place, New-York, after having spent many years in special and exclusive attention to diseases of the throat and lungs :

HALL'S JOURNAL OF HEALTH, six volumes, \$1.25 each : whole set,\$7.00

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The object of these books is to show, to the young especially, how health may be preserved by natural agencies, and how, by the same means, to remedy ordinary ailments, such as cold feet, sick-headache, constipation, neuralgia, dyspepsia, etc.

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The HEALTH TRACTS are furnished at 30 cents a hundred, assorted.

HEALTH TRACT, No. 52.

From Hall's Journal of Health, 42 Irving Place. \$1 a year.

C A T A R R H

Is a name given by the Greeks to ailments which throw off fluids in unnatural quantities; it means a "flowing from." These catarrhs are always originated by a cold taken in some way; and upon whatever part of the system the cold "falls," it is called a "catarrh" of that part. Hence, "catarrh of the head" when the eyes water a great deal; "nasal" catarrh when the "nose runs;" "catarrh of the chest" when a cold settles on the lungs and a large expectoration follows. Some persons who have "weak bowels" always have diarrhea; thin, watery, light-colored passages, or catarrh of the bowels, when a cold is taken.

The action of a catarrh is curative, and should be let alone, for it is nature's effort to carry off the disease; to wash it away, as it were. If nature were only left to herself in these cases, an incredible amount of suffering would be prevented, especially if nothing were eaten until relieved but bread and water; and if two or three hours in the forenoon and afternoon were spent in the open air, in bodily activities sufficient to promote and keep up a very gentle perspiration. But when there is a cough, or a troublesome running at the nose, or a watering of the eyes, with a fullness about the head and all over the body, indicating that a general cold has been taken, there is almost a mania for "taking something;" or, if the person has some medical knowledge, and even a small amount of common-sense, leading him to wait on nature, while he endeavors to aid her as just indicated, every second person he meets, exclaims, "Why don't you do something for it?" and he is brave indeed who resists steadfastly to the end.

A lady had a troublesome itching and running at the nose, and being advised to snuff up cold water freely, she did so and was "cured" in a day; but in twenty-four hours she nearly died of asthma; for, although the "flowing" from the nose was checked, the disease fell upon the lungs; nature would have vent some where.

In the diarrheas of children, summer complaints, etc., which so often arise from colds settling on the bowels, paregoric is given, and "soothing syrups," (in ALL cases made of molasses and laudanum, *never* made without sugar and opium.) The great effort of ignorance is to "stop the diarrhea." This is done; the parents are charmed, write out a certificate in great gratitude; this is published in the morning papers of the same week, as also in another column the death of the "cured" child of "convulsions" or "water on the brain."

The cough of consumption, and the large amount of glairy or multi-colored "matter" discharged from the lungs in bronchitis, are the curative "flowings," catarrhs of nature, and the checking of them by cough-drops, lozenges, troches, syrups, snuffs, etc., *always*, ALWAYS, ALWAYS makes death more certain, more speedy, and more dreadful. In all catarrhs, in all flowings, keep the bowels free; keep up a very general perspiration, and eat but very little for forty-eight hours, and if not better, send for a respectable physician.

HEALTH TRACT, No. 53.

From Hall's Journal of Health, 42 Irving Place. \$1 a year.

FIFTEEN FOLLIES.

1. To think that the more a man eats the fatter and stronger he will become.
2. To believe that the more hours children study at school the faster they learn.
3. To conclude that if exercise is good for the health, the more violent and exhausting it is, the more good is done.
4. To imagine that every hour taken from sleep is an hour gained.
5. To act on the presumption that the smallest room in the house is large enough to sleep in.
6. To argue that whatever remedy causes one to feel immediately better, is "good for" the system without regard to more ulterior effects. The "soothing syrup," for example, does stop the cough of children, and does arrest diarrhea, only to cause, a little later, alarming convulsions, or the more fatal inflammation of the brain, or water on the brain; at least, always protracts the disease.
7. To commit an act which is felt in itself to be prejudicial, hoping that some how or other it may be done in your case with impunity.
8. To advise another to take a remedy which you have not tried on yourself, or without making special inquiry whether all the conditions are alike.
9. To eat without an appetite, or continue to eat after it has been satiated, merely to gratify the taste.
10. To eat a hearty supper for the pleasure experienced during the brief time it is passing down the throat, at the expense of a whole night of disturbed sleep, and a weary waking in the morning.
11. To remove a portion of the clothing immediately after exercise, when the most stupid drayman in New-York knows that if he does not put a cover on his horse the moment he ceases work in winter, he will lose him in a few days by pneumonia.
12. To contend that because the dirtiest children in the street, or on the highway, are hearty and healthy, that, therefore, it is healthy to be dirty; forgetting that continuous daily exposure to the pure out-door air, in joyous, unrestrained activities, is such a powerful agency for health that those who live thus are well, in spite of rags and filth.
13. To presume to repeat, later in life, without injury, the indiscretions, exposures, and intemperances which in the flush of youth were practiced with impunity.
14. To believe that warm air is necessarily impure, or that pure, cool air is necessarily more healthy than the confined air of a close and crowded vehicle; the latter, at most, can only cause fainting or nausea; while entering a conveyance after walking briskly, lowering a window, thus while still, exposed to a draught, will give a cold infallibly, or an attack of pleurisy or pneumonia, which will cause weeks and months of suffering, if not actual death within four days.
15. To "Remember the Sabbath-day" by working harder and later on Saturday than on any other day in the week, with a view to sleeping late next morning, and staying at home all day to rest, conscience being quieted by the plea of not "feeling very well."

HEALTH TRACT, No. 54.

From Hall's Journal of Health, 42 Irving Place. \$1 a year.

DIET FOR INVALIDS.

MANY persons, while apparently recovering from sickness, suddenly become worse and die, in consequence of eating some improper article of food, or of eating too much or too often; others have perished in eating against their inclination, merely to please their friends, or to get rid of their solicitations.

If persons are able to be out of bed, or on their feet, the intervals of eating should be about four hours during day-light. Only those confined to bed should eat oftener, or during the night. As a general rule, that is best for the patient for which there is the greatest craving. But a lady recovering from an attack of typhoid fever had a strong desire to eat a sweet potato. She did so, and died next day. Hence, a very small amount of what is craved should be taken at a time; and if no discomfort follows within four hours, a little more may be ventured.

If a patient wakes up in the morning thirsty, or the mouth is dry, no solid aliment should be taken, however great the hunger. Liquid food only can be safely used, at least until near noon.

The very best restorative an invalid can swallow, when thirsty or "faint," is the very best green or black tea that money can purchase, made in the best manner; the strength to be adapted to the circumstances. If feeble, the patient should have the food as soon as possible after it is called for. If there is no appetite, remove it instantly; instead of letting it remain, in the hope of its being soon wanted. Never, under any circumstances, give one single spoonful more than the patient can take with a relish, with satisfaction. A teaspoonful every twenty minutes, taken with a will, does more good than a dozen times the amount every hour or two, when such an amount can not be taken without distaste.

BEEF-TEA. Liebig's.—Chop a pound of lean meat as fine as for sausage; mix it with a pint of cold water; put it over a slow fire; when it has boiled five minutes, strain through a coarse cloth; salt to suit.

BROTH, quickly made.—Take a bone of loin or neck of mutton; remove skin and fat; beat or cut fine the meat; cover it with water in a sauce-pan, with a cover; season it; boil quickly for half an hour.

PANADA, in five minutes.—To water and white wine, seasoned with sugar, nutmeg, and lemon-pell, grate in some bread, as soon as it boils; boil fast until thick enough to drink.

SWEET BUTTERMILK.—In ten minutes after milking, churn until flakes of butter swim about thickly. Good to drink while eating crackers, rusk, ripe or dried fruits.

FLOUR CAUDLE.—Rub a tablespoonful of fine flour into six of water; add this to five spoonfuls of milk, while boiling; stir twenty minutes over a slow fire. A nourishing astringent for weak bowels.

WINE-WHEY.—While a pint of milk is boiling, stir in eight tablespoonfuls of wine; boil a minute; when curd has settled, turn off the whey, which sweeten and drink, cold or warm.

TOAST-WATER.—Toast slowly, until brown, a thin slice of the soft of stale bread; put in a pitcher; pour on boiling water, and set it to cool, covered.

WATER-GRUEL.—Make two tablespoonfuls of Indian, or corn-meal, and one of flour, into a thick batter, with cold water; stir in boiling water till suitably thick; season with salt, and stir while boiling for six or eight minutes; add a little butter, and pour it over toasted bread, cut in small pieces.

TOASTED BREAD.—Hold a thin slice to the fire until it turns slowly of a straw color on both sides.

FLAXSEED-TEA.—Boil whole flaxseed in water to a thick syrup. A dessert-spoonful to a glass of water; strain, and add sugar and lemon-juice to suit.

THE NICE YOUNG MAN.

NOT the young gentleman who dresses with finished elegance, and sports on Broadway the killing moustache, the white kid and the cigar; who can bow with exquisite grace; whose white teeth and dark hair and self-possessed mien, would turn the head of any boarding-school girl in the city. He was a Quaker youth, as plain in person and in dress as the plainest of his class. He was the son of a man who was rich by inheritance, but losing every thing, this son, raised to the expectation of a fortune, promptly resolved to learn a trade, and apprenticed himself to a bricklayer. As soon as he became master of his calling, he made his way to New-York, and might have been seen any day on one of its Broadway buildings, at twelve dollars a week, or about four hundred a year, as he had to lose bad weather. He found a good boarding-house with a class above him, socially. How these Quakers always manage to have the best things and the best places in their sphere! There were clerks there who were receiving twelve hundred dollars a year, with this difference, he never went in debt, always paid his bills and always had money, while his companions were always "short," always in arrears, always hard run. He was never in a hurry; was always at his post before the hour of work, and was among the very last to "knock off" at the signal stroke. He took no drives to the Park on Sundays, and always gave the negro minstrels and the theater a wide birth. After the day's work was done, he took a bath, put on his best clothing, took his tea, then made his way to that noble institution, the Free Reading-room of the Cooper Union. A specimen of manly vigor and moral beauty, he soon became "foreman," at increased wages, and, as might be expected, attracted the special notice of his employer, worth hundreds of thousands literally, with an only daughter, etc.

What was he working for? What was his ambition? To secure by his earnings the old homestead for his mother! This is being a "nice young man" in the noblest sense. Let the many youths of the country, whose fathers, so recently wealthy, are now worse than penniless, learn a useful lesson from this narration, and "go and do likewise," instead of lounging about in idleness, waiting for something to turn up, or selling manhood and self-respect in soliciting recommendations to some

office, with a pitiful salary. Failing in this attempt, as fail they must in multitudes of cases, it is but a short step to desperation; then come the theater, the cigar, the saloon, the midnight revel, and those evil associations, which end in degrading diseases, with a blighted, blasted, useless life, and an early, unwept death.

LIFE ON THE RAIL.—The voluble Yankee would rather use a dozen words than one; the dignified, pompous and taciturn Englishman employs the smallest number of syllables possible when he wishes to express himself; still, he takes good care that the words he does use shall tell his whole story unmistakably and full. To him "bus" tells as much as an omnibus, a saving of sixty-six and two thirds per cent. He travels by "rail," never by railroad. But, perhaps, if John Bull talked more, he would be kept wider awake, and thus be a gainer in the long run. For example, a Liverpool paper reported recently that fifty-one lives were lost by a railway accident near London, and a later packet brings the news that "another" accident occurred on a suburban train, by which thirteen more lives were lost, and fifty-one persons wounded. These calamities were traced to a drowsy flagman and a sleepy switch-tender. Our transatlantic cousins had better deputize half a dozen railway directors to visit our country and inquire into the management of the New-Jersey Railroad Co., under the Presidency of J. S. Darcy, Esq., and J. P. Jackson. They would learn the extraordinary fact, that since its organization, thirty-six millions of persons have ridden in their cars without the loss of life or limb, while occupying their proper seats. Such fidelity to duty on the part of the managers and employés of the road certainly merits public appreciation and patronage. The above results were obtained chiefly by two plans of conduct: first, the windows are so constructed that a passenger can not put out his arm or his head without maintaining a most uncomfortable position of body. Second, a liberal "bonus" is paid every three months to every employé on whose "route" no accident has happened, with a fine or dismissal if any thing goes wrong for want of diligence. Let every railway president and director make a note of this; and emulate the carefulness of this, one of the very oldest railroad companies in the nation. And it may be worth the life of the reader to remember, while he keeps

his seat in the cars, he has ninety-nine chances in a hundred of escaping injury altogether.

WHO ARE HAPPIEST.—"Well, Mary, you have had large experience of life; you began early in the families of the poor, and by fidelity to your duties and an ambition to perform them well, you have passed upward, and for years have spent your whole time as monthly nurse in families of wealth, position, and refinement. Now, according to your observation, who are the happiest people?"

"Mechanics' families, ma'am, who are a little fore-handed."

The answer was given with such promptness, and so unhesitatingly, that the mind of the worthy woman must have been made up on mature reflection, and with easy decision.

The answer merits the profound attention of every intelligent parent, and is exceedingly suggestive. The dialogue took place under the circumstances narrated, and without assent or denial, strong reasons may be given for the correctness of the old woman's reply. A lady said to us, just about twenty years ago, that her husband, then deceased, allowed her twenty thousand dollars a year to spend in Paris, while he pulled the political wires at Washington as a senator. "But I was not happy, because politics was an idol before me. I never could be induced to marry a public man again."

The returns of the registrar-general of France show that the middle classes live an average of eleven years longer than day-laborers and the poor.

Our own observation tells us that the sons and daughters of the wealthiest seldom leave heirs to reach maturity, unless those heirs, by reverses, had to begin at the bottom of the ladder, and shove the plane or wield the axe or speed the plow. Mechanics usually begin life poor, and when both husband and wife have a good share of common-sense, they soon unite in their aims, ambitions, industries, and economies, with the result of a gradual increment of their substance. They live in a plain, unostentatious and inexpensive way. The high are so high above them, that they are saved the expense of aping them in style of living, and saved, too, the eating anxieties and cutting mortifications of that most unwise and most unfortunate class of persons who make their whole existence an extended torture, in the weary effort to climb into a sphere in which they have never moved;

the frequent, frequent cause of the sad wreck of family happiness.

The class above noticed, instead of wasting their attention and their energies in this direction, expend them on the furtherance of their fortune, in the improvement of their pecuniary condition, by curbing immoderate desires. They are not disturbed by any envy toward neighbors who seem to be getting along faster than they are; they derive a quiet happiness in knowing that all they have is paid for; that they have gone nobody's security. Now and then when they see something which would greatly add to their substantial comfort, or would save labor, or protect furniture or clothing, and they have not the means of paying for it, there is a sweetness to them in saving and even in practicing self-denials, until the money is not only earned but in hand, ready to purchase on "the best terms for cash." And the very fact that they have gotten it for less than those who did not pay in hand, gives additional satisfaction; for the difference in price is that much money got without having to work for it. They bring the article home, and talk about its price, and look at it, and turn it over and over again, and appropriate it to its uses with a quiet enjoyment which of itself is worth money; and that is the last of it; while the neighbor who bought on credit, begins, after a short time, to count the days when it is to be paid for, and as the period comes nearer, the uneasiness becomes greater, and with it, actual disquietude. Later on, bills receivable are not met as was expected, then come irritation and anxiety. The children see it; the wife sees it; all know the cause, and peace and happiness and quiet do not dwell in that household; and long before the purchased article is paid for, the pleasure of possession or display has been eaten up, while there is more bitterness in store.

The "fore-handed mechanic," who has the decision to resist the purchase of any coveted article until he has the money to pay for it, finds no trouble, when business reverses come upon a community, in deciding to take in sail while the storm is yet in the distance. He begins to economize, and has got used to it before his neighbors have been able to bring their minds to a decision that it must be done; for few people like to come down, and rather protract the struggle to keep up appearances, in the hope that the times will get better, and they need not make any change. But oh! how wearily the days pass away,

when one is waiting for the hard times to go by, when the meanwhile is spent in painful make-shifts, subterfuges, temporary expedients, and heart-aching sacrifices!

Incomputable are the drawn-out agonies of merchants and bankers and brokers, of clerks, and all salaried persons, in hard times, or even in momentary shocks, which may occur in any week of any year. During these, all domestic happiness, peace, and comfort must be eaten out, and they live a year's suffering in a week. Not so with the "fore-handed mechanic." He bows before the storm of crises with the facility of the reed, and while the angry elements rage above, lies in quiet composure, with the sweet consciousness of perfect safety. There is another element of happiness in our "fore-handed mechanic:" while he and his wife worked into each other's hands, they grew to love each other more in their mutual efforts for bettering their condition. It was a happiness to them to help one another, to save labor and trouble to each other, and their children gradually grew up imbibing the same spirit and temper and feelings; nothing was a trouble to them which in the least saved trouble or money to father and mother; on the contrary, it was a pride and a pleasure and an ambition to save, to help, and to practice self-denial, in the hope of an easier future, which to all was becoming more apparent every day. Hence the happiness!

We see a man every Sunday, who said to his newly-married daughter last year: "My child, go and get you a house for fifteen thousand dollars, and I will furnish it for you." After traversing the city for a month, she said: "Father, I can't find any house that will make us comfortable for less than twenty thousand; can't you get it for us?"

He gave her the title-deed; ordered Sloan to put down the carpets, and Meeks to supply the furniture; Houghwout made the china, Tiffany the silver, Mercier the upholstery, and Berrian the etceteras of kitchen, pantry, laundry, etc. In short, every thing was procured to her hand, without even the trouble of choosing.

But think you, reader, that this young woman, at the moment of her taking possession of it all, and in any month later, experienced as sweet a satisfaction as does any wife who has helped her husband to earn the money to purchase their first Brussels carpet for their "best room?" Not a bit of it! To get a thing as a gift is pleasant, is gratifying, but to obtain it by

mutual individual effort, especially if it has cost some self-denial, is a sweet delight, to which the pampered child of fortune must be forever a stranger. The editor will feel rewarded for writing this, if it shall persuade one subscriber to determine to give each son a good trade; and that each daughter shall feel it her duty to wait upon her mother, to learn to keep house economically, to prepare a sumptuous meal, to spread an appetizing table, to cut and make her own garments, and thus be worthy of a good husband, and be able to help him.

APPLES.—The apple is perhaps more useful than all the other fruits in nature. Beyond them all, it is durable, prolific, easy of culture, and capable of such a variety, in its mode of preparation for the table, that a small volume might be written about it. The time required to digest a piece of roasted pork is five hours and a half; about equal to a piece of boiled tendon, (white leather,) which is almost leathery, or a lump of boiled beef-suet; while a sweet, mellow, raw apple is digested, passed out of the stomach, and enters the circulation to nourish and strengthen, in an hour and a half, being exceeded in easiness of digestion only by boiled rice, pigs' feet or tripe soused, and whipped eggs, all of which are digested in one hour. Sweet apples are not valued as they ought to be, because they do not "cook well;" but to be eaten raw, there is scarcely any thing more "delicate," that is, so easily received into the system, requiring so little stomach power in appropriating it to the nourishment of the body. One good method of cooking apples, is to peel them and take out the core, without dividing the fruit; put them in a dish, pour over them a few table-spoonfuls of water; bake until delicately brown, and eat with cream and sugar, as a dessert, for dinner. This is incomparably preferable to the sodden dumpling or the greasy pie. Mrs. F. D. Gage, one of the most notable housewives in the nation, says: "Pare the apples and quarter them, placing them in a tin plate with the core side up; if dried apples, a little water is added; they are then set in the oven, which is always hot at meal-time, and roasted; when done, they are slid on a common plate, and sprinkled with sugar; to be eaten warm, with bread and butter and cakes. It would require canned fruit of extra flavor to tempt me from the apple-dish, if thus prepared. Strawberries or half-ripe peaches are not to be talked of the same day."

For lunches at school or at home, for convenience and cleanliness to put in the pocket while traveling, or on an excursion, or when expecting to be absent from home over a meal, the apple is without an equal; while as a dessert it might well supersede all the cakes, pies, jellies, dumplings, and "tarts" ever invented. If a tithe of the money expended in easily dispensable articles of apparel, or mere personal gratifications in the shape of snuff, cigars, chewing-tobacco, home-made wines and cordials, or of useless trinkets of jewelry, or unsubstantial, unremunerative amusements, was devoted to the purchase of a bountiful supply of apples in the fall, for family use, without stint, there would be found a most welcome increment in family health in the spring, and a diminution of doctors' bills, especially gratifying to all prudent and calculating "pater-familias." To every householder we say, wear an old coat another year, do with one silk dress less, skimp yourself in pork, ham, bacon, and even roast beef, rather than fail to put half a dozen barrels of prime apples in your cellar this fall.

THINKING BRAG.—"It don't do for me even to think brag," said a worthy matron of the Society of Friends, whose long experience of the uncertain tenure of earthly goods had deeply engraven on her mind the pertinent expression of the sacred volume, that we "know not what a day may bring forth." Every year of her long and serene pilgrimage had but added a new demonstration of the wisdom of the same blessed book, in its injunction upon all to "walk softly;" to avoid being "puffed up" by any amount of worldly prosperity; to feel ready, at a moment's warning, to go down into the valley of humility without a murmur, whenever the providences of a loving heavenly Father seemed to point that way. This it is to "walk humbly," and to possess that "lowliness" of heart, which secures the "promise of the life that now is, and of that which is to come." Such a humility begets trust and that habit of serenity which so generally characterizes that excellent people, and which will soon become the ruling element in the character of any individual who, under all prosperities, fears "even to think brag;" a serenity which softens ecstasy, which "eases up" the calamities of life, and so regulates its pulses, that, beating uniformly, the human machine works without a shock or a jar, and runs healthfully to a calm old age.

Notices, etc.

MUSICAL INCIDENT.

A WELL-DRESSED gentleman called the other day to sell some patriotic music adapted to the Piano, and seeing the instrument open, he offered to play one of the pieces, and thus give an idea of its beauty. The instant he touched the keys, he turned round, and with a mingled expression of intelligence and gratification, exclaimed, "This must be one of Worcester's;" and so it was. But the story does not end here. The chords were so perfect, and the tones so clear and distinct, that he seemed to forget himself, and played half a dozen pieces, one running into the other, so that we began to fear he was like the man with the cork leg, which worked so well he couldn't stop. Why this maker's instruments maintain their superiority was lately explained in our office by one of the very first piano-workmen in the city—not in Mr. W.'s employ. "There is no shop known to me where such extraordinary pains are taken to make every part of the instrument as perfect as possible as in the old and extensive establishment of Horatio Worcester in Fourteenth street."

EDUCATION.

NOT many editors advertise a man without being asked; but our notices are intended to benefit our subscribers, by placing before them items of intelligence which will either promote their comfort or save money, and oftentimes both at once. Painfully earnest inquiries are made, from time to time, by parents from the country, in limited circumstances, as to where their children could obtain a good education at a moderate cost. The private schools of Mr. Abbott, in Fifth Avenue, and of Miss Hains, on Gramercy Park, are of a high order, and need no commendation. But only a favored few can afford to pay from four to seven hundred dollars a year for the education of a single child. It is a welcome task, under these circumstances, to notice an advertisement in that excellent and favorite family paper, the *Home Journal*, (\$2 a year,) of the Grammar School of Madison University, at Hamilton, N. Y. Classical, to prepare for college; and English, to prepare for business. Three terms, opening October 19th, January 17th, and May 23d. NINETY-FIVE DOLLARS pays for board, tuition, room-rent, washing, lodging, and INCIDENTALS, for one year, not including, we presume, the recesses. It is most ravishingly refreshing to know that there is one educational establishment in the universe where there are no "extras." Why, nine tenths of the private schools have a list of "incidentals," in their bills a mile long, "more or less." We personally know nothing about the merits of the above school, but it is doubtless quite as good as others. One thing looks well; it don't brag. It don't parade an interminable column of honorable and reverend referees, three fourths of whom have given their sign-manual merely to be accommodating, or for the purpose of being found in good company.

One of the best private boy-schools in New-York is kept by Mrs. Dr. Steele, at 70 Irving Place. Those who want a thorough teacher for their little girls will find such at 58 East Twenty-fifth street, in the person of Mrs. McMillin, the wife of a returned and disabled foreign missionary.

COMMENDATORY.

SAYS the Baltimore *True Union* of the 12th of September: "We have had occasion frequently to commend the good common-sense and judicious counsels of Dr. W. W. Hall, of New-York, contained in this *Journal*. The September number is not an exception. Its advice is invaluable to clergymen and heads of families. By following it we doubt not many times the cost of the *Journal* (only \$1 per annum) would be saved from the apothecary's bill in a year. By the way, the Doctor

gives us a rap for copying extracts from his paper without credit. We need not assure him that we have never done so knowingly. We have doubtless cut the extracts complained of from *other papers*, where they were first inserted without credit. We owe Dr. Hall too much for his good advice many years ago to do him wrong. When we had been laid aside from the pulpit for years by a bronchial affection, and were rapidly sinking into a state of confirmed *invalidism*, we consulted him, and are largely indebted to his advice for the improved health we have since enjoyed, and for more than one hundred and fifty sermons we have been permitted to preach since we had abandoned the pulpit, as we then feared, forever."

MATRIMONIAL.

WE have a hope and a wish. The hope is, that the writer in the *Home Journal*, on "Matrimonial Infelicities," has a few more articles of the same sort left. And the wish, that they may be embodied in a dollar volume. They are so full of human nature, so full of fun at the expense of water-weak husbands, there is no doubt of its making a good "Doctor-Book." Besides the laughter and the mirth generated, there is a spice of deep comfort in these papers. Every paragraph, almost, goes right home to the consciousness of the individual, giving "aid and comfort" in the direction indicated by that spiteful old French curmudgeon, who first enunciated the sentiment, that the misfortunes of our best friends were not without a mite of pleasurable to the very best of us. To make it apply: Suppose a lady has a husband who is everlastingly growling; there is some pleasure in the intelligence that some other woman has a similar contemptibility. "Supposing," on the other hand, the husband has ordinary prudence; has a wholesome fear of debts, difficulties, and due-bills, and spies hobgoblins dire in an unruly household—hence to be master of "the situation," exercises a quiet, steady, and firm control over the whole domain, exacting regularity, system, promptitude, economies, and healthful observances, requiring in all cases that actual possession must precede disbursements—it is not a wonder, that when once in a decade a woman is found to be the owner of such a husband, number one feels "glad of it," on the ground that "misery loves company," albeit that said misery is in Betty Martin's eye. There is one difficulty in reading the Matrimonial Arenas, each party will look over the other side of the fence instead of at itself. The wife exclaims, when the husband gets a "dig," that's "him" exactly; and the husband, when the "poor, oppressed, suffering" wife comes off second best, asseverates, with an almost savage delight, "That's my wife to a T. Thank my stars, I'm not alone in my misfortunes." We will venture the assertion that no series of articles domestic, since the Caudle Lectures and Sparrowgrass Papers, have been read with such a peculiar gusto as the "Matrimonial Infelicities," in the *Home Journal* of Morris & Willis—two dollars a year only. Why, one of the Infelicities is worth two dollars; for example, when Hubby forgot to kiss his wife until he had taken his seat in the omnibus, and then went back and got a dozen.

PACKING FRUIT.

KIDD, the gardener of the Marquis of Broadalbane, who sends fruits and flowers from the garden, near Hampton Court, England, to the Highland residence of the Marquis, subject to five hundred miles' carriage, is so successful in packing, that he can send fully ripe peaches "without losing a fruit," and bouquets, that when received will be as fresh as when first picked. A layer of bran is put at the bottom of a box or cask; then each bunch of grapes is held by the hand over the center of a sheet of paper; the four corners of the paper are brought up to the stalk and nicely secured; then laid on its side in the box, and so on until the first layer is finished. Then fill the whole over with bran, and give the box a gentle shake as you proceed. Begin the second layer as the first, and so on, until the box is completed. Thus, with neat hands, the bloom is preserved, and may be sent to any distance. He has invariably packed from sixty to eighty bunches of grapes, and fifty or sixty dozen of peaches or apricots, in one box, and received letters from employers, to say that they had arrived as safe as if they had been taken from the trees that morning.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VIII.]

DECEMBER, 1861.

[No. 12.]

TAKING THE PAPERS.

It would save trouble and annoyance, if all who read newspapers and magazines would arrange to have their subscriptions end with December of each year; then they could not "forget" that their subscription had "run out." And let all remember that there is no season of the year wherein publishers most need what is due them, and most need the price of renewals, than the month including the Christmas holidays; for then it is that their hard-working employés want every cent due them to be paid, in order "to make merry" with their families and friends. If they are not thus paid, their holiday-time is clouded, and that of their wives and children. Hence no person from the country can imagine the aggregate of gladness produced, or the sum-total of disquietude and unhappiness caused by the neglect to send the one, two, three, or more dollars owing to publishers, from individuals scattered here and there all over the land. It may be said that almost every dollar sent to publishers between this and the first day of January, will cause a smile of pleasure or a throb of joy to those, or their children, who help to set the type, or print the paper, or fold and stitch the very magazine which you, reader, will be reading and enjoying around your Christmas-fire; to say nothing of that quiet satisfaction which never fails to well up in the bosom of every honest man or woman, boy or girl, on the payment of an honest debt.

We recommend to our readers the policy, wisdom, and justice of subscribing to the paper, of the class they wish to patronize,

which is published nearest their dwelling, even if you are not altogether pleased with it. You thus aid, as it were, in improving your own property; and the better any paper of good general principles is supported, the better it becomes, and the more wholesome the influence it exercises in the community amid which it is issued.

Each denomination of Christians should patronize the paper of their faith, in their own State, in preference to any religious paper elsewhere, although many times cheaper, larger, and better. Then, if you have more money to spare, take a paper published in one of the larger cities.

He only is consistent with his profession who is "firmly persuaded in his own mind." that his own sect, his own religious faith, is the nearest right of any other; hence the "liberality" which leads a man to neglect the paper of his own church, and subscribe for that advocating another "faith," is the liberality of ignorance, indifference, or hypocrisy. Such a man is worse than nobody in any church, and ought to be "spewed out" of his society as a mere "cumberer," that some more worthy may occupy his place.

Inquiries are made of us, from time to time, as to what paper or magazine we would recommend. We consider *The American Agriculturist*, New-York, monthly, one dollar a year — German edition the same — to be, by all odds, the best, cheapest, and most ably edited of any agricultural magazine in the United States. Of the agricultural newspapers, the *New-England Farmer*, Boston, two dollars a year, and that time-honored and general favorite, *The Country Gentleman*, Albany, N. Y., same price, are at the head of their class, and have such a start that no doubt they will continue their supremacy.

For the region south of New-York State, *The American Farmer*, monthly, two dollars a year, Baltimore, Md. For the north-west, we commend *The Prairie Farmer*, Chicago, and *The Farmer*, at Detroit, Michigan. Besides, these last two contain general reading well adapted to all farmers' families; the articles being uniformly selected with taste and judgment.

Of the very best Baptist newspapers in the nation are *The Examiner*, of New-York, and *The Christian Watchman and Reflector*, Boston. Either of these papers can be safely and instructively patronized by any orthodox family. *The Examiner*

seems always to feel itself to be a gentleman, as well as a Christian, while *The Watchman*, true to its name, is more faithfully on the look-out against "heresy, infidelity, and schism," than any religious newspaper we receive; and what is more, on the look-out for these things in places where they might not be suspicioned to exist, and would otherwise be allowed to lurk, and corrupt and poison to a most hurtful extent. It has found bad doctrine and pernicious sentiments in weeklies, monthlies, and quarterlies, and in bound volumes too, which so keen an eye as the veteran *New-York Observer* has allowed oversightedly to pass muster; and for its fidelity, able as well as fearless, all orthodoxy owes patronage to the *Christian Watchman and Reflector* of Boston, Mass.

No good Old School Presbyterian in all the Mississippi Valley, will send a single dollar east for a religious newspaper, until he has first subscribed and paid for *The Presbyterian Herald*, of Louisville, Kentucky, a paper we used to write for when we were a medical student, so many years ago — we do not like to state the figures of the same, beyond that it is over a quarter of a century — and some of these same pieces we have seen within a year come up to the surface again, with a lost paternity. The editorials of the *Herald* have, within the last year, been more frequently copied into the secular as well as religious papers of various denominations, at least as far as our exchanges are concerned, than those of almost any other paper. This fact should show Dr. Hill that his pen is wanted; and that while he has the ability he ought to keep it going, for none can know how soon the moment may come with the call to "go up higher!" *The Presbyterian Banner*, of the olden faith, well merits the patronage of its Church, at Pittsburgh, and many a league round about. As for the other paper of the same sentiments, or more so — between the *Banner* and the *Herald* — namely the *Presbyter*, of Cincinnati, we can't say that we like it so well. It is so unbending, so John Knoxy, that it leans over on the other side. Perhaps, after all, these fellows of ice and steel, straight-lined and right-angled, have a useful niche to fill in these accommodating and time-serving ages, when the loaves and the fishes are "gods." We rather think, on the whole, that if Paul had been an editor, he would have been a "Presbyter" too, at least on a good number of points theologic. Of *The*

Presbyterian, the father of the faithful, and of all Presbyterian paperdom, we need say nothing ; it has been a faithful servant of that Church, and a powerful champion for its rights and its purity ; and no good Presbyterian ought to take any other religious paper out of his own church, to the exclusion of *The Presbyterian*, of Philadelphia. A baby in years is the *Standard*, of the Old School, at the same place and price. There was no use in starting it, in the first place. There are altogether too many religious newspapers for the real good of the churches. Orthodoxy would be largely the gainer, if four out of five of the whole of them were abolished beyond the power of resurrection. One well-sustained and ably-edited paper, as the organ of any sect, is worth a regiment of puling, wishy-washy things, only born to live in death-struggles, and finally go out in debt, dishonor, and disgrace. But we must say of the *Standard*, as many a mother has said lovingly of her new-born babe : " I didn't want you to come, but now you are here, bless your dear little heart, I love you all to pieces." *The Standard* has, up to this time, been edited with a steady ability, judgment, and discrimination, and has thus shown itself worthy of a liberally-sustained patronage, which we hope it will secure.

The American Presbyterian, of Philadelphia, and the *Central Christian Herald*, of Cincinnati, are the organs of the New School Presbyterian Church. They both have been faithful in their day and generation, and sphere, and deserve that every subscriber should not only pay every cent owing before Christmas, but should send up another new name, for the " good of the cause." He who befriends these papers thus, in these " troublous times," is a true friend. Those who do nothing, even scarcely paying their balances, ought to be placed within leg-distance of that obese individual named in Deuteronomy, 32 : 15.

There are two papers published at Dayton, Ohio. We always, *always* open them with interest, because they seem to be edited with ability, conscientiousness, and discrimination. We have been reading them for years, and when we don't scissor them up totally, we send them to our country cousins all about ; they are too good to be destroyed. A dowager Presbyterian lady, who has had the run of our exchanges, and is just going into her new mansion on Murray Hill, said to us yesterday : " I

must take the *New-York Observer*, of course, but I am going to order the *Western Missionary*, of Dayton, Ohio." It is only a dollar a year, and its neighbor, *The Religious Telescope*, somewhat larger, (either is large enough,) is one dollar and fifty cents. We really do not know of what denomination or society these papers are, but they are Christ's, and surely that is enough. They are on his side *all the time*, and that is saying a good deal. In fact it is much more than can be said of quite a number of so-called religious newspapers, too many of which are given to gouging each other's eyes, faith, and character. Wonder if it's because the "Old Boy" is among them at such times, a gymnasticizing them, giving them Zouave lessons in theological fisticuffs, somersets, and the like?

The New-York *Evangelist* has been so long known, and so many of its subscribers are readers of our own journal, that we need only remind them that the very least each one of them ought to do, after settling arrearages and paying up for 1862, should be to go around among friends, and get up two or three names a piece, as a deserved and substantial testimonial of your appreciation of what that paper has ably and faithfully done.

The Christian Intelligencer of New-York is the organ of the Reformed Dutch Church. It has been so conducted for many years, that it has not only gained the appreciation of its own people, but has secured the respect and confidence of the religious press throughout the land; and any Reformed Dutch family which does not take and punctually pay for this old friend of the true and pure doctrines of the Bible, is not doing its duty, and ought to be ashamed of itself. There is one paper whose name has been familiar to us from early childhood; it was the first religious newspaper we ever saw—the first we ever read. It was a familiar sight on grandmother's knee, a long time ago, away out yonder in the wild woods of the West, when merchants used to pass by our door, coming "East" for goods; driving "pack-horses" before them laden with Spanish dollars, which had made their long and weary way from Mexico to "Nu-orléenes," as it was then called, up the Mississippi, or *via* Santa Fé and St. Louis. It was then a poor, little, coarse, yellow quarto, but always contained so many good things, so much missionary news, so much pure, Christian counsel, admonition, and encouragement, that

it was read and lent, and brought home and read again, then saved and bound, and cherished, long years after, as a treasure and a friend. This paper "still lives" by its old and time-honored name of *Boston Recorder*; and if its subscription-list of long time ago could be found, the name of Hannah Pyke, with "nary red" ever found against it, would be seen running through many successive years, until the Master called her

"To be an angel too."

There are two other papers which we have not by any means forgotten: the *New-York Chronicle*, Baptist, and *The Banner of the Cross*, Philadelphia, Episcopalian. We trust they both receive, as they well deserve, a liberal patronage: *The Banner* comes about as near being what a religious newspaper ought to be, as most that come to our table. It is about half the size of a common newspaper, and in this is one foundation of its merit. The needed variety requires pith and condensation; excluding altogether, and remorselessly, that immense mass of hybrid, mongrel matter, neither "civil" nor religious; a compound that coalesces and makes neither the one nor the other, and whose effect on the mind is very "evil." Just look at the long columns of "foreign correspondence," hosannas of patent-medicines, and of the very "patent" men who lie so vigorously about their merits. Don't seem to us that there is much religious reading in these things—in "soothing syrup" made out of opium, and *can not be made* of any thing else, as every intelligent, honest druggist will confess; still less in Bourbon whisky diluted with cream; and bitters, always made of alcohol, it being the agent that *must* be employed to extract the bitter principle. And yet these same papers would be horrified at being asked to insert an advertisement as to where opium would be sold, to cure every pain, and where a glass of egg-nog, brandy-toddy, or sangaree could be always had at a "moment's notice," "warranted," in every instance, to make one feel better, with the advantage of there being no lie in the last assertion, at least according to our experience lang syne. We vote, then, that all the religious newspapers reduce their size to that of the *True Union* of Baltimore, and, like it, be always readable, always awake, always on the side of a true and earnest piety. And Sir Oracle saith further:

Keep up your prices, and never trust another dollar for a single hour. If the churches do not sustain you, let theirs be the responsibility : you have done your duty ; and there are other fields in which the same ability, the same industry, and the same mental power will return a much more abundant pecuniary reward.

There are two papers which we can not say are good, better, or best, for they are alone in their glory ; and, consequently, peerless in their sphere. Both of them are so neat in their exterior, that the very fact of a man's having one of them in his hand is *prima facie* evidence that he is a person of refinement, or of superior education in his line. *The Home Journal* and *The Scientific American*, issued weekly in New-York, at two dollars a year. These papers are so well adapted to the spheres they were intended to fill, and so completely fill them, that they have no rivals ; there is no room for rivalry, and it would be no use to attempt it. There is but one Morris and Willis on this or any other continent, and Munn & Co. will, as they have done, stand alone for many a long year ; and in ability, too, as well as in prosperity. Every admirer of the good John Wesley—the fearless and indefatigable worker—who lays any claim to culture, elevation, and breadth of view, will find *The Methodist* of New-York, two dollars a year, the most ably edited weekly in that large denomination, whether in this country or *any where else*. So much for the batch of our OLD newspaper exchanges *received last Saturday*, except two ; and yet, with “one consent,” all the names mentioned, except the *Home* and the *Scientific*, who would not be taken as *very* pious, by any crowd, had “rather not” have them mentioned. But we beg leave to mention them without meaning to “offend one of” the “little ones.” If any of our readers should be offended, and pout a little, and determine not to take our JOURNAL any more, we can only say, pout on until you are tired, and get a little more sense. We say this defiantly, because we know you can't well do without us, and like any other infant, you will come around after a while, and do the very thing you resolved you wouldn't do. The first is a Universalist paper at Boston, Mass., two dollars a year, called *The Trumpet*. We do not believe that Calvin, or John Knox, or “Bob Breckinridge,” their successor in a direct line, and of the pure blood unadulterated, un-

diluted, and undeteriorated, even under the influence of a dyspeptic dinner, could find it in their hearts to erase one line in a month from its fourth page of general reading matter; and there is not a family paper in the land that would not be improved, in our opinion, by copying weekly this same fourth page of reading matter. The first page is doctrinal. The inner pages are devoted to advertisements and their home matters. The other paper is *The Catholic Herald* of Philadelphia. As to its peculiar tenets, we say nothing; but we have a high respect for the talents and industry of the man who can, every week, sift out so much general intelligence for his readers, in connection with a large assortment of useful and unexceptionable general reading. Notwithstanding we have taken up so much space for the benefit of our *confrères*, we must take up still more; for the reading of families is a moral medicine of great value, and this JOURNAL has long since assumed the province of medicating the mind and morals, as well as the brain and body. The fashions of the times are such, that every family having any pretension to intelligence, respectability, or position, feels a desire not only to have a daily or weekly newspaper, but also to take some magazine. To the higher classes, who have both means and cultivation, we say, with the utmost confidence, that ten dollars can not be spent to greater advantage in this direction, than in the procurement of the republications of Leonard Scott & Co., of 79 Fulton street, New-York, to wit:

Blackwood's Magazine, monthly,.....	\$2.00
London Quarterly, (Conservative,).....	3.00
Edinburgh Review, (Whig,).....	3.00
North British Review, (Free Church,).....	3.00
Westminster Review, (Liberal,).....	3.00

Or the whole for ten dollars a year, delivered free of postage in all the principal cities and towns. These are written for by the best scholars and strongest minds in Great Britain; and the educated have a feast in reading them, although there may not be coincidence of opinion at all times. The *Westminster Review* is so often infidel in its sentiments, that a good many of its numbers would serve a better purpose, as to society's best good, by being thrown into the fire.

For monthly reading of a religious cast, always safe, *The*

Home Monthly, Boston, two dollars a year, is the very best; Rev. William M. Thayer, chief editor. Those who want lighter reading, that which is not specially religious, will find it in T. S. Arthur's *Home Magazine*, Philadelphia, two dollars a year. For purity of style and subject, Mr. Arthur has made for himself an enviable reputation. He never printed a line that any one, however religious or refined, need hesitate to read at any family fireside, of "wife, children, and friends." *Godey's Ladies' Book* maintains its popularity with the multitudes who have patronized it for so many years, and is so firmly established in their partialities, that they will take care of it "any how."

The gentle Woodworth is no more, but the boys and girls will, for his sake as well as their own, continue to "take" *Merry's Museum* until they are boys and girls no more.

There is no mother in the land who could possibly fail to derive most important assistance, in the discharge of her responsible and momentous duties, by taking some magazine designed to give hints, aids, and instruction as to the moral training of the family. One of the very oldest and best of this class is the *Mother's Journal*, New-York, one dollar a year, edited so long, so industriously, so conscientiously, and well, by Mrs. Caroline E. Hiscox. It is quite a mistake to suppose, that with our schoolboy days we are to cease learning orthography, etymology, syntax, and prosody. Language is changing; words are changing; grammatical rules and constructions are changing; and we ourselves must change with them, or to a dead-fire certainty we will become old fogies before we are forty. It is a very pleasant sight to see gray-headed people up to the times, instead of being put in the background, as is too often done. We were thinking last night, as the fire beamed and burned so brightly and cheerily in our low-down grate, and the children all quite as busy as any minister of state, although ten thousand times happier, as dimpled cheeks, snatches of song, and the loud laugh very conclusively proved—we repeat, while we contemplated the happy scene, and remembered that the "gray-hair" who would have enjoyed it too, to the full, as much as we did, had taken up her returnless journey since a year ago, that old age added to the beauty and happiness of the family-fireside; and we were on the point of laying a plan by which

we could get some nice, cheery, kind-hearted old person to supply the vacancy, when we remembered sadly, that but too soon there would be two others to fill the niche without going from under our own roof. But "to return to the sheep." There is a class of monthly publications called "Teachers," designed primarily for those who teach school, to impart every variety of information calculated to aid in governing and educating children. These monthlies abound in valuable and suggestive hints, which can well be appropriated by parents, and would be of inestimable service to them, in enabling them the better to manage their own children; to lead out their capabilities; to mold their characters; to control their passions and propensities; and to cherish the germs of goodness in the heart, of excellence in the character, of power in the mind; for much of what these publications contain, is the interchange of teachers' experience, observation, and practice. Another every-day practical good to be derived from these issues is, that important suggestions and rules are laid down as to words and phrases; as to pronunciation and grammar, so that there is not a household in the land that would not find amusement and profit in reading these "Teachers" in the family circle, and in following them up in polite, kindly, and courteous criticisms, as to each other's *lapsus lingue*, and delinquencies of speech, pronunciation, and grammar. The "Teachers" are only a dollar a year, and we are fully persuaded that a dollar could not be spent to greater advantage, in the direction of the improvement and elevation of a family in these regards. Send, then, a dollar, "on receipt of this," to *The Teacher*, at Albany, N. Y., or Boston, Mass., or Portland, Me., or *Home and School Journal*, Chicago, Ill., or *Journal of Education*, Ann Arbor, Mich.

SUBURBAN HOME SCHOOL — under the superintendence and proprietorship of Rev. Alonzo Shears, M.A., Rector, who may be addressed at New-Haven, Connecticut, for circulars containing terms, references, etc., who receives into his family a limited number of boys, so as to make this a strictly family school, with ample play-grounds and all the conveniences for the preservation and promotion of the health of the students. We cordially commend this conscientiously conducted and favorably known institution to the patronage of our subscribers.

THE WAR.—The only sermon we have listened to, read, or heard of, since the war began, which expresses our two *leading* ideas on the subject, has been published, “by request,” by W. S. Dorr, 101 Nassau street, New-York, and was preached on the day of the National Fast, Sept. 26th, 1861, at the Spring-street Church, by its pastor, Rev. Robert Davidson, D.D., who is at once an elegant writer, a cultivated scholar, and a Christian gentleman. If any one will take the pains to run over the headings of the fast-day sermons, so elaborately reported by the enterprise of the New-York dailies, it will be perceived that, “with one consent,” they make the nation out a culprit, under the bastinado, for about every national crime under the sun. Our own minister prayed for “this wretched nation.” As soon as we got home, we horrified our family by an out-and-out disclaimer of the whole thing, and told them we didn’t believe a word of it, that the nation was “wretched,” or a sinner above all others—that the Almighty was angry with it; on the contrary, it was nearer being a Christian nation than any other on the face of the earth, and enumerated its “works,” the only solid sign of a true faith; its missionary, tract, and Bible operations; the millions expended voluntarily every year for objects wholly benevolent and religious; the very fact that a national fast was appointed and observed with great uniformity throughout the land showed that this was a government which looked through clouds, up to the Maker of the universe, to lead it aright. We contended that there was not only no evidencé of the Divine displeasure, but the strongest that could be given of his smiles, in that the earth had never yielded a larger increase; never before was there such a call from abroad for every pound or bushel of produce our people could spare; and never, in our memory, had there been a year more free from epidemic diseases, than this same of eighteen hundred and sixty-one. The very cost of war was a blessing; for the rich, who had more than they could use, had to pay for it into the hands of the poor and industrious, and that thus would the land be flooded with money; and never since we have been a nation, has there been as much gold and silver in the country as at this hour. We said further, that the war was not to be regretted, and that God would bring a national good out of it, that would open up a more glorious future to it than could otherwise have been done. But fearing that we might be con-

sidered as getting up an opposition meeting to our honored and beloved minister, we broke short off, and began to talk about something else. Although, if we could have had our say out, we would have enunciated further, what Dr. Davidson, with great frankness, (and who, like the Doctor, could have lived for many years a near neighbor to the "Great Commoner," and not be frank and fearless too?) tells as a truth which multitudes only dare whisper, and which the magnates disclaim with particular pains, that in this war, "Slavery is the cause and object;" that the South intended thereby to extend its area, and to perpetuate it; and that the North intends, as the war has been forced on her, that Slavery shall not be extended, and that it shall cease on this continent. The Doctor argues that, if Slavery be a crime, and the North is seeking to cut it up by the roots, there is no reason why God should be angry with the North; but reason for the reverse; hence, with a wise and admirable sententiousness, he entitles his discourse: "A Nation's Discipline; or, Trials not Judgments."

Looking up, then, to God, as the Arbiter of nations; regarding him, as he truly is, more a merciful Father, toward both sides, than as a vindictive Judge, what are we to hope for? Simply that this war, to the whole people, is the entire "nation's discipline;" its "trial, not its judgment;" and we sincerely thank Dr. Davidson for embodying so grand an idea so tersely. And further, we are as certain of it as that the sun will rise tomorrow, that the United States, one and undivided, will come out of this war in such a way, that both North and South will feel at a future day, as the Editor has unwaveringly felt, since Sumter fell, that this war is the grandest event of the century—to be made the grandest by the overruling of that Merciful One who is the embodiment of "Love" to North and South also. What will be the exact manner of its solution, or how we would like it solved, would be but a mere opinion, but we have no fears of the result; on the contrary, we have had an abiding faith that the issue will be for God's glory and the whole nation's highest good. That there are evils connected with war, and that, as a nation, we have come short of our duty to Divinity, we unhesitatingly admit; but we cordially agree with Dr. D. in these two propositions, that as to North and South, this is a war of Slavery, and that it is a war of discipline and trial, not of judgment.

WORDS OF CHEER.—It is a grand, good thing in times like these, not only to know that the JOURNAL is not losing money, but that it is actually doing good, making converts to common-sense and a rational mode of living. A stranger writes: "I am a reader of the JOURNAL OF HEALTH. I don't think I ever saw so much common-sense wrapped up in a few pages. Your work on 'HEALTH AND DISEASE' is an excellent one, but your book on 'SLEEP' caps the whole. What next? In my sleeping apartment I have adjusted a cord and two pulleys to the top sash, so that I can lower or raise it at pleasure; at the bottom one I have a piece of wood with notches cut in, so that I can raise or lower it in like manner, as occasion may require. I write not to flatter, but to let you know that there is one soul enjoying to its fullest capacity what thousands of human beings are daily depriving themselves of, namely, a pure atmosphere. May the instruction from the pages of this your book on 'SLEEP,' make many a faint pulse beat with a more healthful and vigorous vitality, and the sickly visage just budding now and waning, may blossom as the rose."

While speaking of our book on "SLEEP," sent post paid for \$1.37, we take occasion to commend it anew to those of our subscribers who have not purchased it. To those who can not spare the price, we say, send four new subscribers to the JOURNAL OF HEALTH, and we will send the book free of charge. Its first object is to show, by well-authenticated facts, the important influence had over the health of any one, in spending one third of the whole existence, as is done in sleeping, in a pure atmosphere. We next show how this may be safely secured. The various sources of impurity in our sleeping apartments are pointed out; as also the baleful effects of crowding in sleeping; the certain ill results of the young sleeping with the old; the sick with the well; also the social relations of sleep, as to children sleeping with children; the habits sometimes induced; the results of those habits in after-life; the consequences of those habits; the very certain, safe, and costless mode of correcting them; the importance of control; of securing sound, uninterrupted sleep; how mothers may nurse and train their infants and small children, so as not to interrupt the sleep at night; and the important benefits arising to the children, to the mother, and to the father, in securing these re-

sults. There is much in the book of absorbing interest to all cultivated minds, whether young or old. A due attention to its general suggestions would very greatly add to the health, the happiness, the life and purity of any community.

CRACKING SHINS.—We remember well in the days of our childhood of hearing our grandmother's kinky-headed little contrabands boasting that it "felt so good," to have their shins cracked with a hard stick. The little monkeys could not exactly explain the thing, that it was the contrasted absence of pain with the immediate, momentary, acute suffering of the stroke. We didn't experiment as we do in later years, as to the doctoring business. We were abundantly content with the "faith" without the "works." Matthew Vasar, the great Poughkeepsie philanthropist, said the other day to a friend, that he "felt like a new man; as if a mountain-weight were lifted from his shoulders," on the occasion of his putting his name to a document which relieved him of the four hundred and eight thousand dollars which he had appropriated to the building, establishment, and support of an Institution in his neighborhood, for the improvement and elevation of the young, and which is in such rapid process of completion, under the energetic, systematic, and judicious management of his old neighbor and friend, Mr. Dubois.

Now, we haven't the least mite of a doubt that a great many of our readers would, at this moment, experience a more beatific sense of "relief" than ever Mr. Vasar did, in being invested with one tenth part of the number of dollars aforesaid, as a free gift. But we are anxious to open up to every honest-hearted reader a source of pleasure quite as soul-delighting as in Mr. Vasar's case; far more ennobling than in the latter; and equally as "striking" as in the matter of shin-bones. It is simply this: take every dollar you can "rake and scrape" without borrowing; do it on the instant; and pay ^{as} many debts as it is possible for you to do, beginning with the smallest; and if you get home with every "hole stopped," although you may not have a single mill left, the deliciousness of your happiness, by reason of the contrast between suffering innumerable and distressing duns, and perfect exemption therefrom, will be in exact proportion to the justness, honesty, and goodness of your heart.

A SECRET WORTH PRACTICING.—When you've got any thing to do, do it. What an inconceivable number of unpleasant mental conditions and endurances might be avoided daily, if this homely rule were put in practice! When a thing has to be done, be decided and courageous enough to do it on the spot, and have it off your mind. Procrastination is cowardice—the pulling of a tooth for example; as also the taking a whole dollar out of pocket on the instant, and sending it for the JOURNAL for next year. It has to be done, reader; and you are determined to do it. What is the use, then, of putting it off, it may be for a month, or more, and then sending it along with an excuse, that you “intended” etc. etc. We know very well that you can't well do without it, hence we feel a little independence in the premises. And while you are at it, send an extra dollar for your minister, as a New-Year's gift.

OBSTETRICS.—The Messrs. Wood, the great medical publishers of the United States, have, with commendable and courageous enterprise, issued a beautiful octavo volume of 761 pages, on “The Principles and Practice of Obstetrics, by Gunning S. Bedford, A.M., M.D., author of ‘Clinical Lectures on the Diseases of Women and Children,’” and the distinguished Professor of Obstetrics, etc., in the University of New-York. It is printed in handsome style, and illustrated by four colored lithograph plates, and ninety-nine engravings. It is a complete and able exposition of the science and practice of midwifery, and is destined to be a text-book and a standard volume in American medical literature. But Professor Bedford's name alone would sell the book, so that the Messrs. Wood, after all, were not quite so brave as at first sight might have seemed, in bringing out so costly a work in times like these, when so many publishers would be but too happy to sell what they have in hand. They keep in their large establishment the fullest and most complete assortment of medical works of real value in America, both English and French, and at very low prices.

PHYSICAL EDUCATION.—Dr. Lewis's Normal Institute, for Physical Education, will open its second course on January 2d, 1862, at 20 Essex street, Boston, where circulars can be had.

PESTILENCE AND PLAGUE have destroyed millions of lives. In long ages past, they have half-depopulated cities, and decimated empires. Whence came they? From human dereliction, as all other curses and calamities come, and not from the Almighty's hand, because he promised Noah, "I will not again curse the ground any more for man's sake," and, as we paraphrase the assertion, "let him be ever so bad." Plague is from a Greek word meaning "to blow," as if it came on the wings of the wind. Pestilence is the Latin word which means the same thing. The "Great Plague" visited London in 1665, and the next year a terrible fire laid a very large portion of it in ashes, since when it has not reappeared there. Erasmus wrote of England three hundred and fifty years ago, in the days of "King Hal:" "The floors of their dwellings are strewn with green rushes, which are allowed to increase, layer upon layer, for twenty years together, covering up bones, crumbs from the table, and other filth; and to this, and the general dirty and slovenly habits amongst the people, may be ascribed the frequent plagues in England." And this in Henry the Eighth's day! What a disgusting idea! Yet, in our own time, filthy cellars, dirty kitchens, and foul, dark closets, are the unsuspected sources of habitual sickness to whole households.

A SAD, SAD CASE.—A young lady, just budding into womanhood, died lately, after a ten days' illness, from pneumonia—that is, inflammation of the lungs, sometimes called lung fever or congestion of the lungs—induced by standing on the damp ground, in thin shoes, at the Central Park, having alighted from her father's carriage to look at some object of interest. It is scarcely possible that she had not been warned many times as to the danger of standing still on the damp earth, especially at certain seasons. Is there no way of leading children to heed parental advice on these and other subjects? It can not be doubted that a better result could be secured if parental counsels were followed up and corroborated by seeing them read in some journal like our own—and thus a dollar be the means of averting evils which no amount of money can remedy when once induced. Parents, think of this!

COOKERY AND HEALTH.—Next in importance to having something to eat, is the proper preparation of it for the table. Bad cookery kills multitudes outright, and robs other multitudes of half the pleasure of life. Soyer was considered the most accomplished cook that ever lived in London; his experiences are embodied in the twenty pages, which are a part of our little volume on "Soldier Health," sent for twenty-five cents, a book which we think every person who has a relative or near friend in the army ought to send to the same, even if its price had to be procured by the loss of a dinner. Of this book an unknown correspondent writes: "A young brother has just gone into camp; but before he started, a God-send came—your book on 'Soldier-Health.' My father has presented one to each mess of a company, and sent one to the Colonel, recommending its introduction through the regiment." A sick soldier is worse than nobody, for he throws a burden on a well one; hence, to keep him well is a matter of prime consideration.

A NATURAL WISH.—It is very natural that we should wish the circulation of this JOURNAL largely extended. Has it ever occurred to our subscribers that it is their duty to do something toward this extension? If you have derived benefit from it, would it not be a kindly and neighborly act to induce your nearest friends to take it a year on trial? for it is very certain that by following its counsels, their health and happiness would be promoted and their lives extended for years.

HAVE YOU CHILDREN? You know how indifferent they are to your advice in too many cases; you know also that more importance is attached to what they see in print than to what you might say in regard to health. Would not the chances of their being benefited be greatly increased if you were to order the JOURNAL for each one of them? Their illness would be your greatest trouble, their death an irremediable grief; and yet thousands of lives are lost every year from inattention to the suggestions of one single article, to wit—about cooling off slowly after exercise. Many who have taken the JOURNAL, entire strangers to us, have written letters, or called in person, to express their obligations for the important and beneficial counsels found in our pages; and it is reasonable to infer that others taking it next year for the first time would

derive similar benefits, both for themselves and for their children. We have no axes to grind, no medicines to sell, no patent contrivances to put in the market; but we do have a desire to promote the health and happiness of our kind, by the circulation of plain, practical truths in connection with human health; and we are no more under obligation to do this than you, reader! But it is too true that the friends of truth move with the snail, while the advocates of error vie with the hart and the hind in their efforts to circulate what is specious, false, and ruinous. He who lives wholly to himself and for himself is among the most contemptible of his kind, and never can be happy, never can be blest. They only are God-like, and akin to angels, who work for the good of others, and who delight in that work.

HOW TO SUBSCRIBE.

Send your letter to the simple address of Dr. W. W. Hall, New-York. But before you send it, attach a dollar bill with a pin to the top of your letter-sheet; *then* under that write your name in full, with the name of State, county, and post-office; seal the letter with a wafer, and put it in the post-office yourself without saying any thing to any body. By so doing, you will not have to write another letter to say that you had forgotten to inclose the all-important dollar. It is quite certain that the troublous times have made some of our subscribers too poor to take our JOURNAL longer; to such we will continue to send it, if they forward the names of two new subscribers, and two dollars. To any clergyman who will send us two new subscribers with two dollars, we will send a third number for their trouble. This is done because, in too many cases, their already scant salaries have been scaled down to a point so low as to shame the churches. To any person who will send three dollars, with three new subscribers' names, the fourth copy will be sent for their trouble.

We have never offered to pay persons for taking the JOURNAL, in portraits, paintings, chances, or any thing else, nor will we "club" with any other publication, nor do we want any one to take it who does not consider it worth a dollar. We know there are some who value it far above the subscription-price, but who do not feel as if they could spare the money,

and yet not only want the JOURNAL for next year, but would like very much to have one or more of our other publications; to such and to all others we offer any of our dollar volumes for three new subscribers, and any one of our dollar and a quarter volumes for four new subscribers, or "Soldier Health" for one new subscriber. If any of these volumes are requested to be sent by mail, sixteen cents must be sent to pay postage.

To any one who will send twenty new subscribers at one time, we will give, at our office, the eight bound volumes of HALL'S JOURNAL OF HEALTH. To any one sending thirty-four new subscribers, we will give a copy of each one of our publications, which are as follows:

Eight bound vols. HALL'S JOUR. HEALTH, each	\$1.25
Vols. 1 and 2 FIRESIDE MONTHLY, each	1.25
BRONCHITIS AND KINDRED DISEASES,	1.00
CONSUMPTION,	1.00
HEALTH AND DISEASE,	1.00
SLEEP,	1.25
SOLDIER HEALTH,	25

Or seventeen dollars' worth of books for thirty-four new subscribers. In other words, we offer half a dollar's worth of books for the trouble of getting one new subscriber. In a

SINGLE DAY

An active young person could earn the whole set. Could two or three

YOUNG LADIES

spend a bright, bracing winter's morning in a better way, than by turning out with a resolve to obtain subscribers enough to enable them to present to their minister the whole fifteen volumes? In fact, we so heartily admire a kindly feeling toward a minister, on the part of the young of his charge, and so truly delight to see activity, energy, and enterprise in youth, that we hereby

PROMISE

to give the whole fifteen volumes, and five dollars in money besides, to any

YOUNG LADY

who, on or before Christmas-day next, shall send us thirty-four new subscribers, for the purpose of presenting the books to a clergyman.

In all cases, sums *under* one dollar should be sent in postage-stamps, and *over* five dollars in a draft payable to our order.

SKATING

Is one of the most exhilarating of all pastimes, whether on the ice, or over our parlor or hall floors, with roller-skates. In the days of "Queen Bess," some three hundred years ago, it was a favorite amusement with the Londoners, whose facilities for the same were limited to pieces of bone attached to the shoes. As lives have been lost in connection with skating, the following suggestions are made :

1. Avoid skates which are strapped on the feet, as they prevent the circulation, and the foot becomes frozen before the skater is aware of it, because the tight strapping benumbs the foot and deprives it of feeling. A young lady at Boston lost a foot in this way ; another in New-York, her life, by endeavoring to thaw her feet in warm water, after taking off her skates. The safest kind are those which receive the fore-part of the foot in a kind of toe, and stout leather around the heel, buckling in front of the ankle only, thus keeping the heel in place without spikes or screws, and aiding greatly in supporting the ankle.

2. It is not the object so much to skate fast, as to skate gracefully ; and this is sooner and more easily learned by skating with deliberation ; while it prevents overheating, and diminishes the chances of taking cold by cooling off too soon afterward.

3. If the wind is blowing, a veil should be worn over the face, at least of ladies and children ; otherwise, fatal inflammation of the lungs, " pneumonia," may take place.

4. Do not sit down to rest a single half-minute ; nor stand still, if there is any wind ; nor stop a moment after the skates are taken off ; but walk about, so as to restore the circulation about the feet and toes, and to prevent being chilled.

5. It is safer to walk home than to ride ; the latter is almost certain to give a cold.

6. Never carry any thing in the mouth while skating, nor any hard substance in the hand ; nor throw any thing on the ice ; none but a careless, reckless ignoramus, would thus endanger a *fellow-skater* a *fall*.

7. If the thermometer is below thirty, and the wind is blowing, no lady or child should be skating.

8. Always keep your eyes about you, looking ahead and upward, not on the ice, that you may not run against some lady, child, or learner.

9. Arrange to have an extra garment, thick and heavy, to throw over your shoulders, the moment you cease skating, and then walk home, or at least half a mile, with your mouth closed, so that the lungs may not be quickly chilled, by the cold air dashing upon them, through the open mouth ; if it passes through the nose and head, it is warmed before it gets to the lungs.

10. It would be a safe rule for no child or lady to be on skates longer than an hour at a time.

11. The grace, exercise, and healthfulness of skating on the ice, can be had, without any of its dangers, by the use of skates with rollers attached, on common floors ; better if covered with oil-cloth. Lessons are given in this pleasant and exhilarating exercise at Mr. Disbrow's on Fifth Avenue, whose spacious and well-conducted establishment ought to be well patronized.

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